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Wynne stacks the deck with 27-member cabinet

Liberal team in place.

Ontario's new premier defends decision to expand cabinet

Ontario's new premier armed herself with a larger cabinet and fresh blood in key portfolios Monday as she prepares to lead the embattled Liberals into a contentious new legislative session next week.

Right off the bat, Kathleen Wynne defended her 27-member cabinet — five more than the previous one — as the opposition parties pounced on the extra expense at a time when the province is facing a \$12-billion deficit.

An enlarged cabinet is necessary for the “serious work that is confronting us,” Wynne said after being sworn in as the province's 25th premier.

The Hillary pantsuit

Kathleen Wynne laughed off an odd question about her wardrobe — specifically, her penchant for Hillary Clinton-type pantsuits.

- “I have skirts,” she said, laughing.
- “It's probably not a question that you would be asking a man if he were standing in this position, but I'm happy to share with you my sartorial choices over the coming weeks.”

“The issues faced by the people of Ontario require appropriate resources and the dedicated focus of this new government,” she added.

The Progressive Conservatives, who pressed for a smaller cabinet, said it shows Wynne can't make the tough decisions to put the province's fiscal house in order.

“She's been the premier for 30 minutes, and already she's increased the size of government,” said Tory Todd Smith.

There are 10 new faces in cabinet, including Education Minister Liz Sandals, a former school board trustee who has the unenviable task of repairing the Liberals' damaged relationship with public school teachers.

Charles Sousa, a former banker and leadership rival, got the plum post of finance minister, sticking to the Liberals' promise to eliminate the deficit by 2017-18.

“We do have to reduce this deficit, we do have to manage our expenses, but we have to do it in such a way as to be cognizant and socially responsible,” Sousa said. “No one's going to fall through the cracks.”

Glen Murray took on the transportation and infrastructure portfolio, while Eric Hoskins got the globe-trotting job of economic development, trade and employment.

Deb Matthews, a key player in Wynne's leadership campaign, is now deputy premier as well as health minister.

THE CANADIAN PRESS

CAN NEW EDUCATION MINISTER LIZ SANDALS
MAKE PEACE WITH ONTARIO TEACHERS? PAGE 6



Ontario Premier Kathleen Wynne holds her granddaughter, Olivia, after a swearing-in ceremony at Queen's Park in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS

Sexiest meal of the day

If you like Cheeri-oh-ohs for breakfast, you may want to try Sexcereal, a new product that claims to boost sexual performance PAGE 4

Did the pope do the right thing?

Archbishop of Paris calls Benedict XVI's resignation a “liberating act,” saying popes will no longer feel the need to stay on until their death PAGES 8-9

Leafs win game but lose goalie

Toronto triumph 5-2 over the Philadelphia Flyers but lose goalie James Reimer, who appeared to suffer a left-leg injury PAGE 37

Unbalanced yet competent

Recent portrayals of bipolar characters in film and on TV show better understanding of mental-health issues on the part of actors and writers PAGE 29

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LRT woes

Leasiders battle to put Leslie stop back on LRT line



Rob Ford, left, and Dalton McGuinty visit an Eglinton-Scarborough Crosstown LRT site in 2011. Residents are fuming that the Leslie stop has been dropped. TORSTAR NEWS SERVICE

Condo dweller Maureen Dunn has a message for her Don Valley West MPP, Premier Kathleen Wynne: Put Leslie back on the Eglinton-Scarborough Crosstown LRT.

The stop is being eliminated as part of a change to the LRT construction plan. Disappointed condo owners at Leslie and Eglinton and nearby Leaside are vowing to fight the decision by Metrolinx.

Theirs is among the first major community complaints to surface as the provincial transportation agency proceeds over the next eight years with construction of the \$6.7-billion provincially funded LRT.

In Dunn's 400-suite building, 300 residents have signed a petition asking to have the Leslie stop reinstated. So far, it has made no difference.

Under the new construction plan, Metrolinx wants to lengthen the LRT tunnel. Stopping at Leslie would mean building another underground station — at a cost of \$80 to \$100 million — in a location expected to attract relatively few riders.

The change is a disappointment to residents like Dunn. Some bought their homes believing they would be steps from a transit stop. TORSTAR NEWS SERVICE

Cops planted crystal meth, lawyer alleges

Why would a drug dealer leave seven kilos of methamphetamine, worth \$300,000, sitting on the back seat of his car overnight when he knows he's being followed by police?

A defence lawyer is asking a judge to consider this question when he decides whether her client, Velle Chanmany, 32, is guilty of drug trafficking.

"This was a man who was so paranoid of being followed that he ate, or destroyed, a phone chip so police could not get his contacts," Leora Shemesh said Monday during closing arguments. "He knew he was be-

ing followed and he knew the vehicles associated with the police."

The defence alleges that Toronto police officers Rick Shank, Glenn Asselin and possibly others "diverted" seven kilos of meth from an earlier seizure and placed it in Chanmany's vehicle on May 8, 2008.

The officers were working on a covert joint-forces operation and were frustrated that, after two years, they were unable to get any evidence that Chanmany was selling narcotics, Shemesh said.

TORSTAR NEWS SERVICE



The defence alleges that Toronto police officers — Rick Shank, pictured, and others — "diverted" meth from an earlier seizure and placed it in Velle Chanmany's vehicle in 2008. RICK MADONIK/TORSTAR NEWS SERVICE

Shhh, I'm trying to commute

Quiet Zone trial. GO

Transit's quiet cars could expand if all goes well, but TTC has no plans to introduce specialty cars

Specialty cars

"It would be impractical on a mass transit system like a subway, with frequent stops.... You just couldn't do it."

TTC spokesman Brad Ross

Travellers on all of GO Transit's train lines could soon be enjoying a more peaceful commute if the Quiet Zone pilot project on the Barrie line goes well.

"If it's successful, as we suspect it will be, we will roll it out to all seven of the train corridors," said Mary Proc, vice-president of customer service. The three-month Quiet Zone experiment, which started on Monday, has helped create a library-like hush on the upper level of most Barrie coaches.

But GTA riders shouldn't expect to see specialized compartments that have appeared elsewhere in the world — such as separate space for women, or cyclists. The TTC, in fact, has no plans to venture into specialty cars, spokesman Brad Ross said.

Dubai and Delhi, for ex-

ample, have introduced women-only cars, in large part to reduce harassment. But it's not necessary in Toronto, Ross said. There hasn't been demand for such a service from GO customers, either, Proc added.

She said once GO has the longer 12-car trains running throughout its system, some coaches could be converted into bike space. But, for now, GO is focusing on the quiet pilot.

Signs with a "shhh" symbol designate the quiet areas, but there won't be strict enforcement, said Proc, who compared the system to a library, where cellphones and laptops are muted and music shouldn't spill from headphones.

TORSTAR NEWS SERVICE



Toronto stars in new Drake video

Drake's new video for the single Started From the Bottom, from the upcoming album Nothing Was the Same, includes many scenes that were filmed in and around Toronto. Drake, who was born and raised in the city, won his first Grammy Award for best rap album on Sunday. The video opens with a slow-motion shot of boys sprinting across a soccer field. At the centre of the field, painted into the grass, is the logo for Toronto Parks, Forestry & Recreation. Watch the video at metronews.ca. KEVORK DJANSEZIAN/GETTY IMAGES

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1 NEWS

Reflective windows

Cadillac Fairview
off the hook for
bird deaths

An Ontario judge has found that the owner of a Toronto office building was responsible for the deaths of hundreds of birds that flew into its highly reflective windows.

However, the Ontario Court judge acquitted Cadillac Fairview of the charges because it did due diligence in trying to rectify the

problem at the Yonge Corporate Centre.

Ecojustice, an environmental group that launched the court case, says it sees a partial victory because it means other building owners need to act on similar problems because the law does apply to them.

The judge ruled that the company was responsible for two out of three charges, but acquitted Cadillac Fairview because it took steps to try to fix the problem, including applying film on the windows. **THE CANADIAN PRESS**

Bunsen burner

25 hospitalized
after gas leak at
middle school

Twenty-four middle school students and a teacher were sent to hospital after a science lab's gas valve was left open at a Mississauga school on Monday.

At about 10:45 a.m., a teacher at Allan A. Martin Senior Public School noticed a gas smell, said Peel District School Board spokesperson

Carla Pereira. The school was evacuated shortly afterward, she said.

Police, fire and EMS were called and determined that the building was safe.

"We did a sweep of the building with our equipment and had zero readings for any dangerous gases," said Mississauga Fire Platoon Chief Mike Corcoran.

They determined the gas came from a Bunsen burner, which had been left open for 10 to 15 minutes, enough to fill the room, Corcoran said.

TORSTAR NEWS SERVICE

Entrepreneur looks to score with 'spicy' breakfast



Jane Durst-Pulkys is a nutritionist who helped develop Sexcereal, a new product that claims to boost virility. DAVID COOPER/TORSTAR NEWS SERVICE

Sexcereal. Breakfast business doesn't shy away from innuendos in marketing of sexually stimulating granola

In July 2011, an entrepreneur named Peter Ehrlich was strolling through the Annex in Toronto, mulling over possible business ventures, when he happened upon a vegan-food fair.

Looking around at the vendors, Ehrlich noticed a preponderance of browns and greens — the "favourite colours of vegans and vegetarians," he said. Then he caught sight of a strikingly beautiful woman with a blond bouffant, peddling a gluten-free cereal she called Girlnola.

The woman, alas, was not the "potential wife" Ehrlich was seeking, but her oozing sexuality gave him an idea. "That was the first time I had ever seen sensuality attached to a health-food product," he said.

Ehrlich's idea — that the widespread popularity of organic cereal could somehow coalesce with the equally robust

popularity of sex — developed into Sexcereal, a nutrient-rich granola he debuted last May in Vancouver.

Since then, Sexcereal, which is packaged separately for men and women with slightly different ingredients, has shown signs of early success. According to Ehrlich, the cereals are available in 500 stores nationwide, with Sobeys, one of Canada's largest grocery chains, expected to start testing them in 30 stores next month.

On Sunday, Ehrlich, 52, touted Sexcereal on the Valentine's Day edition of CBC's *Dragon's Den*. In the episode, Boston Pizza owner Jim Treveling offers \$100,000 for a 50/50 stake.

Much of Sexcereal's appeal lies in innuendo-heavy branding. The male version features a macho model brandishing a golden spoon; the female bag displays a Monroe-esque platinum blonde. Both have an image of a scantily clad female snake charmer coaxing a snake out of a basket.

"The male cereal supports testosterone and energy levels.... The female cereal was created with hormonal balance and desire in mind," the company's website says.

TORSTAR NEWS SERVICE

Ingredients

So what makes it so 'robust'?

The cereals brim with iron, fibre and protein — but it's the maca, said nutritionist Jane Durst-Pulkys, that could light a fire in your loins.

That the bitter herb fuels sexual desire is a conten-

tious point among nutrition experts, with South Korean researchers reporting in a 2010 study that there was "limited evidence for the effectiveness of maca in improving sexual function."

Jane Durst-Pulkys, the first of five nutritionists to help formulate Sexcereal, insisted friends who have eaten a bowl said "they definitely feel like they want to have sex." **TORSTAR NEWS SERVICE**

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Former trustee well-schooled for new role

Education minister. Liz Sandals says she'll follow Wynne's lead in reaching out to teacher unions

She speaks fluent edu-lingo and knows the school-board ropes.

But does this mean new Education Minister Liz Sandals can bring extracurriculars back to more than 1.3 million Ontario students?

"With a former school trustee as premier and a former school trustee as education minister, the stars seem aligned — I couldn't have dreamed of a better team," said Michael Barrett, president of the provincial trustees' group that Sandals led as a Guelph trustee during the Mike Harris era, before winning a seat as Guelph



New Education Minister Liz Sandals
FRANK GUNN/THE CANADIAN PRESS

Wellington MPP in the Liberal tide of 2003.

Not only does Sandals know education as former head of the Ontario Public School Boards' Association, but as head of the province's Safe Schools Task Team, she led a report in 2006 that prompted the province to soften its zero-tolerance stance and focus more on bullying-prevention programs than suspensions.

Sandals brings some bargaining chops as well, said Ken Coran, president of the Ontario Secondary School Teachers' Federation, who remembered Sandals' presence in 2008 at the first for-

mal "provincial discussion table" held to hammer out contracts. Sandals was parliamentary assistant at the time to then education minister Kathleen Wynne.

"She's very collaborative and analytical and problem-solving would be her big strength," said Coran, whose members, along with their grade-school colleagues, are refusing to run after-school programs to protest the imposition of two-year contracts last month using the unpopular Bill 115.

"She's familiar with all the nuances of the school system, which means she should be able to get involved right away in resolving the things that went wrong in the past," said Coran. The Elementary Teachers' Federation of Ontario also noted Sandals "brings important experience to the education portfolio."

In her first comments as minister Monday, Sandals noted her job is to "continue with the conversation" Wynne began recently by reaching out to teacher unions. "For me, this is coming back full circle to where I came into this job."

TORSTAR NEWS SERVICE



Former police-union leader Craig Bromell has formed a new union to shake up the construction industry. TORSTAR NEWS SERVICE

Bromell brings brawn to building sector

Former Toronto police union leader Craig (Bro) Bromell, whose tumultuous reign jolted the city a decade ago, is back in a familiar role with a big target.

The controversial and outspoken Bromell has quietly formed the Building Union of Canada and its arrival is already making waves in the country's construction industry. In addition to organizing workers at non-union sites, BUC has started raids on locations where the heavyweight Labourers' International Union

of North America represents employees.

The Building Union is currently fighting Labourers' Local 183 over worker representation at one site before Ontario's labour board, and it expects

more disputes.

"I will run the union the same way as I ran the Toronto Police Association," Bromell, now 53, said in an interview Monday. "It won't be the norm." TORSTAR NEWS SERVICE

Quoted

"For me, this is coming back full circle to where I came into this job."

Education Minister Liz Sandals

Quoted

"It's a 10-year commitment. But we're really surprised about how much concern there is about us in other unions. I'm something they haven't seen before." Craig Bromell, Building Union of Canada president

Walking Dead's Norman Reedus to hang with college crowd



Norman Reedus as Daryl Dixon in a scene from AMC's The Walking Dead.
RUSSELL KAYE/AMC/THE ASSOCIATED PRESS



Norman Reedus, the actor who plays the crossbow-wielding, zombie-killing badass Daryl Dixon in AMC's hit show The Walking Dead, is coming to Ottawa.

The Florida-born actor, who blasted his way to fame in the cult classic Boondock Saints, will be talking to Algonquin College students in the flesh March 11 about his acting career.

The appearance at the college's Commons Theatre will

include a question-and-answer session with the audience. Tickets went on sale Friday and the event is open to the public.

Reedus's character Daryl got plenty of airtime on Sunday night's gore-filled mid-season premiere of The Walking Dead. Currently in its third season, the show is based on a comic book by Robert Kirkman, which follows the lives of survivors of a world taken over by a zombie plague.

Bill Kitchen, event co-ordinator at the Algonquin College Students' Association, said he was contacted in the fall about having the talk at the college.

"It's an opportunity for him to directly reach his fan base and to increase that connection for himself, and obviously for his fans it's a great opportunity to gain access to him," said Kitchen. "We think it will sell out quickly."

Kitchen said there might be a chance for audience members to take a photo with Reedus after the talk if there is time.

"We're excited to have him and I think it'll be a great show for our students," said Kitchen.

At press time Monday, Reedus's publicist said he was unaware of the March 11 event in Ottawa.

Catch zombie talk

- Tickets for Norman Reedus's talk are \$15 for the public or \$5 for students. The venue can accommodate approximately 700 people.
- Other guests who have stopped by the college for similar talks include CBC talk show host George Stroumboulopoulos and PostSecret creator Frank Warren.

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Harper speaks

Canadian reaction

Prime Minister Harper says he's shocked to hear Pope Benedict is renouncing the papacy.

Harper has issued a statement in which he describes a 2009 meeting with a "deeply spiritual" man, saying the pontiff has dedicated his life to serving God and his faith and that he will be missed.

Harper noted that during

his papacy two Canadian saints — Brother Andre Bessette and Kateri Tekakwitha — were canonized and Archbishop Thomas Collins of Toronto was elevated to the College of Cardinals.

Now Canadians have another question on their minds: Is one of their countrymen set to become the next pontiff?

Marc Cardinal Ouellet is being touted as one of the likeliest candidates, perhaps even the favourite, to succeed

Benedict.

In an interview published last April by the Catholic news organization Salt + Light TV, Ouellet was asked whether he had hopes of becoming pope.

"I don't see myself at this level, not at all ... because I see how much it entails (in terms of) responsibility," he said.

"On the other hand, I say I believe that the Holy Spirit will help the cardinals do a good choice."

THE CANADIAN PRESS



Cardinal Marc Ouellet.

JACQUES BOISSINOT/
THE CANADIAN PRESS FILE

Papal end be chaotic



Pope Benedict XVI raised the possibility of resigning in 2010, calling it acceptable for ill health

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Benedict XVI resigns.
After breaking 600-year taboo, pope holds great sway over successor vote

Declaring that he lacks the strength to do his job, Pope Benedict XVI announced Monday he will resign Feb. 28 — becoming the first pontiff to step down in 600 years. His decision sets the stage for a mid-March conclave to elect a new leader for a Catholic Church in deep turmoil.

The 85-year-old pope dropped the bombshell in Latin during a meeting of Vatican cardinals, surprising even his closest collaborators even though he had made clear previously that he would step down if he became too old or infirm to carry on.

The move allows the Vatican to hold a conclave before Easter to elect a new pope, since the traditional nine days of mourning following the death of a pope don't have to be observed.

It will also allow Benedict to hold great sway over the choice of his successor, though he will not vote. He has already hand-picked the bulk of the College of Cardinals — who will elect the next pope — to guarantee his conservative legacy and ensure an orthodox future for the church.

Benedict in 2007 passed a decree requiring a two-thirds majority to elect a pope, changing the rules established by John Paul who had decided that the voting could shift to a simple majority after about 12 days of inconclusive voting. Benedict did so to prevent cardinals from merely holding out until the 12 days had passed to push through a candidate who had only a slim majority.

The Vatican stressed that no specific medical condition prompted Benedict's decision, that he remained fully lucid and made his decision independently.

It has been obvious to all that the pope has slowed down significantly in recent years, cutting back his foreign travel and limiting his audiences. He now goes to and from the altar in St. Peter's Basilica on a moving platform to spare him the long walk down the aisle.

Benedict emphasized that carrying out the duties of being pope requires "both strength of mind and body."

When Benedict was elected in 2005 at age 78, he was the oldest pope chosen in nearly 300 years. At the time, he had already been planning to retire as the Vatican's chief orthodoxy watchdog to spend his final years writing in the "peace and quiet" of his native Bavaria.

Cardinal Andre Vingt-Trois, the archbishop of Paris, called

of days to yet stable



but not for escaping burden or scandal. FRANCO ORIGLIA/GETTY IMAGES FILE

Succession odds

God does not play dice — but we do

Bookmakers have been quick to offer odds on candidates to replace Pope Benedict XVI, with cardinals from Ghana, Nigeria and Canada among the early favourites.

Ghana's Cardinal Peter Turkson, Canada's Cardinal Marc Ouellet and Cardinal Francis Arinze of Nigeria lead in betting with Brit-

ain's major bookmakers.

William Hill made Turkson — one of the highest-ranking African cardinals at the Vatican — its 3-1 favourite Monday, followed by Ouellet at 7-2 and Arinze at 4-1. Ladbrokes also had Turkson as favourite, followed by Arinze and Ouellet.

Ireland's Paddy Power also offered short odds on the three, as well as long odds on unlikely candidates — including U2 singer Bono at 1,000-1.

THE ASSOCIATED PRESS

Monday's decision a "liberating act for the future," saying popes from now on will no longer feel compelled to stay on until their death.

"One could say that in a certain manner, Pope Benedict XVI broke a taboo," he told reporters in Paris.

Benedict said he would serve the church for the remainder of his days "through a life dedicated to prayer." The Vatican said that, immediately after his February resignation, Benedict would go to Castel Gandolfo, the papal summer retreat south of Rome, and then would live in a cloistered monastery.

During his tenure, Benedict

tried to reawaken Christianity in Europe, where it had fallen by the wayside, and return the church to its traditional roots, which he felt had been betrayed by an incorrect interpretation of the modernizing reforms of the Second Vatican Council.

His efforts though, were overshadowed by a worldwide clerical sex-abuse scandal. Many of his stated priorities as pope also fell short. He failed to establish relations with China, heal the schism and reunite with the Orthodox Church or reconcile with a group of break-away, traditionalist Catholics.

THE ASSOCIATED PRESS

304

A pagan pope? Didn't pan out

The early church pope Marcellinus abdicated or was deposed in 304 after complying with the Roman emperor's order to offer sacrifice to pagan gods.

1045

Sold: One papacy, slightly used

Pope Benedict IX sold the position to his godfather Gregory VI and resigned in 1045.

1294

No one told me it would be this hard

Overwhelmed by the demands of the office, the hermetic Pope Celestine V stepped down after five months in 1294. Pope Benedict XVI prayed at his tomb in the central Italian city of L'Aquila in 2009.

1415

If you love them, you gotta go

The last pope to resign, Gregory XII stepped down in 1415 to help end a church schism.

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The Maritimes. Small avalanche in northern N.S. triggers warning

The Canadian Avalanche Centre took what it says was the unusual step of issuing an alert for the Maritimes after a small avalanche in northern Nova Scotia on the weekend.

The centre says someone who was backcountry skiing on Saturday in the Wentworth Valley dropped in on a slope, triggering an avalanche about 15 metres wide and 30 centimetres deep.

The skier was carried to the bottom of the ravine but was not injured.

Another skier triggered a second slide but was able to avoid it.

"It was relatively small on the overall scale, but certainly even a small avalanche like that could produce serious consequences if people are in the wrong kind of terrain," said Karl Klassen of the Canadian Avalanche Centre in Revelstoke, B.C.

The centre is urging people to avoid steep slopes, gullies and other places where sliding snow could push them into a creek or lake.

"Any slope that's more than 20 or 25 degrees of in-

Canadian Avalanche Centre

Klassen, a public avalanche-warning service manager with the centre, said avalanches aren't common in Eastern Canada but can happen when the conditions allow for it.

- **Partnership.** "We've worked extensively with our partners in Newfoundland in the past and have issued alerts," he said. "But I think this is the first time we've done something like this in Nova Scotia."

cine is suspect right now," Klassen said. "And this includes relatively small pieces of terrain like kid's tobogganing hills, which could produce an avalanche large enough to bury a child or even an adult if the terrain features are wrong."

Klassen said conditions should return to normal within a week as long as there isn't a significant snowfall.

THE CANADIAN PRESS



Welcoming the year of the snake

Nepalese workers splash holy colour offered by devotees on the Boudhanath Stupa on the first day of the New Year of the Sherpas, the Tamangs and the Tibetans in Katmandu, Nepal, Monday. Members of the three communities in Nepal are welcoming the year of the snake.

NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Selling secrets

U.S. recommends 17 1/2 years in prison for guard

The government is recommending a 17 1/2-year prison term for an American security guard who admits he tried to sell secret photos and other secret information to China's Ministry of State Security after the guard lost \$159,000 in the stock market. The Justice Department says Bryan Underwood took photographs of restricted areas at the new U.S. consulate in Guangzhou and planned to use them to help China.

THE ASSOCIATED PRESS

Northwest Pakistan

No selling Viagra, Taliban warns

The head of a trade association for a large market in northwestern Pakistan says the Taliban have warned shopkeepers not to sell sex-related drugs like Viagra, or obscene films.

A shopkeeper says he received a text message from the Pakistani Taliban on Saturday with the warning.

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M&M'S® SPOKES CANDIES CALL IT QUILTS!

Red and Yellow shock fans with resignation letter.

Milk chocolate lovers across the country today are mourning the loss of M&M'S iconic spokes candies Red and Yellow, following Tuesday's public announcement that they are hanging up their 'M's' and parting ways with the M&M'S team immediately to avoid being eaten.

"Those two have been with us for almost 60 years, so it came as a real shock" said M&M'S Chief Chocolate Officer Ms Brown, following the leak of Red and Yellow's resignation letter to the press on Friday. "But don't forget - the rest of us M&M'S spokes candies deal with the same problem everyday. Worse, I always get people smirking at me because they think I'm naked!" she continued.

The rant-filled resignation letter - which can be read in its entirety on facebook.com/mmscanada and on [twitter @mmscanada](https://twitter.com/mmscanada) - is quite abrasive and aggressive, complicating the possibility of any reconciliation. In their letter, the former spokes candies cite their daily fear of being

eaten, among other things, as the main reason for resigning - going so far as to blame Canadians for their untamed love of milk chocolate.

Most M&M'S fans have been reacting to their departure with disappointment. "I loved Red and Yellow. You can't replace those two. It just won't be the same without them" says Craig Brandon, longtime M&M'S fan. Others are angry. "What the heck! This is how you thank your fans?" complains Jennifer Machey. And meanwhile, some people seemed confused. "Does this mean they're hiring? My grandson needs a summer job" said a man by the name of 'Bugsy'. As for the other M&M'S spokes candies - they wouldn't return our calls.

The departure of Red and Yellow as the mascots of the M&M'S brand has sparked speculation as to who will take over leading the corporate image. When asked if the company plans to promote from within or hire outside to fill the role of Red and Yellow, a company PR agent responded,



"I loved Red and Yellow. You can't replace those two. It just won't be the same without them."

Says Craig Brandon, longtime M&M's fan.

"You have to understand the position we're in now. Red and Yellow broke the mold. It's going to be very hard to fill their shoes, and that's not candy-coating it." Reactions on twitter have linked to leaked images of potential mascots sporting colours like Maroon and Sea Foam. The PR agent would not comment on the leaked images at this time.

Red and Yellow have since been spotted roaming around without their iconic 'M' emblazoned candy shells on.

Perhaps it hasn't yet dawned on them that they are now

naked. Whatever the case may be, one thing is for certain - the former M&M'S mascots have achieved celebrity status over the years and will surely be missed. Keep following this breaking news story as it unfolds at facebook.com/mmscanada and [@mmscanada](https://twitter.com/mmscanada) on twitter.

Foreign children

U.S. agencies close over adoption woes

The lone U.S. adoption agency accredited in Kyrgyzstan is shutting down due to financial troubles, a new setback for about 15 American families battling since 2008 to complete adoptions there.

The North Carolina-based agency, Christian World Adoption, said an array of factors abroad had boosted its costs and cut its income to the point where it would file

for bankruptcy.

Another U.S. adoption agency also is closing, blaming Russia's recently imposed ban on adoptions by Americans. Illinois-based Adoption ARK said its program in Russia had provided more than half of its income.

The two closures highlight the challenges facing many U.S. agencies that specialize in international adoptions. Americans adopted 8,668 foreign children last year, down 62 per cent from the peak of 22,884 in 2004.

THE ASSOCIATED PRESS

Feed fight

U.S. has beef with Russia's meat ban

The United States is blasting a Russian move to ban the import of U.S. beef, pork and turkey.

The ban went into effect Monday. Russian officials said it would last until the U.S. could guarantee that its exported meat did not include an animal feed additive called ractopamine. The additive is banned in the European Union and Russia,

but the U.S. considers it safe.

U.S. Trade Representative Ron Kirk and Agricultural Secretary Tom Vilsack said in a statement that Russia had disregarded scientific studies that they say have found ractopamine in animals safe for human consumption.

The Russian ban comes amid tensions over a U.S. law imposing sanctions on Russian officials accused of rights violations. Russia retaliated by banning U.S. adoptions of Russian children. THE ASSOCIATED PRESS

Discovery reality-show copter crash kills three

New military-themed program. Production company co-operating with authorities

Authorities have identified the bodies of three people killed in a helicopter crash in a rural area of northern Los Angeles County while filming for a new reality TV show for the Discovery Channel.

The copter crashed at about 3:40 a.m. local time Sunday at the popular filming location of Polsa Rosa Ranch in the city of Acton, Los Angeles County Fire dispatcher Robert Diaz said.

All three people aboard died. Coroner's spokesman Ed Winter identified the victims Monday as David Gene Gibbs, 59, Darren Arthur Rydstrom, 46, and Michael William Donatelli, 45.

The show, listed on a filming permit as an untitled military-themed TV program, had not yet been aired or announced by Discovery, channel spokeswoman Laurie Goldberg said. THE ASSOCIATED PRESS

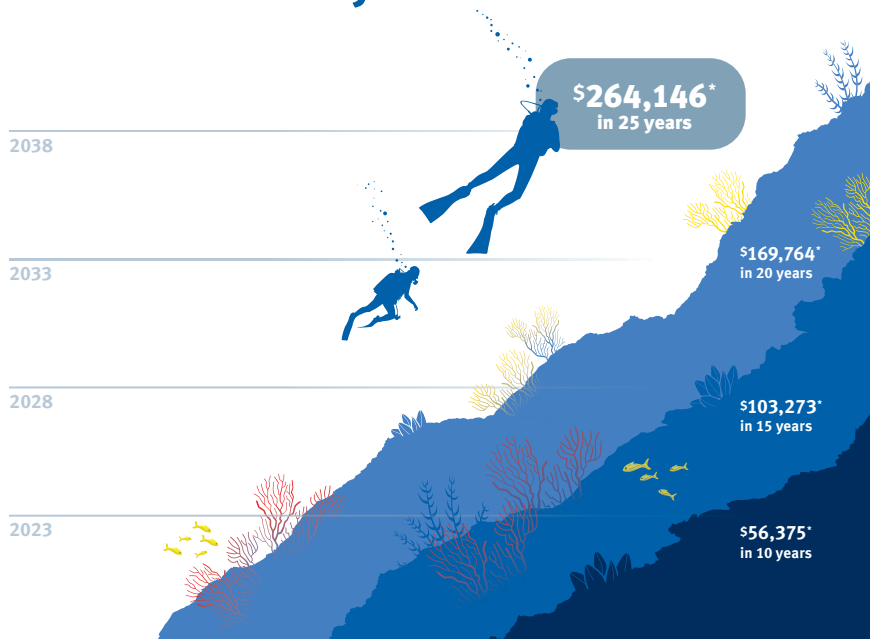
Other Polsa Rosa deaths

- The "movie ranch" location was the site of another entertainment industry death in September, when a 48-year-old crew member died of an apparent heart attack while underwater in scuba gear on the set of the upcoming Johnny Depp film *The Lone Ranger*.
- Sunday's wreck was just 40 kilometres from a similar rural spot in Santa Clarita where actor Vic Morrow and two children were killed in another helicopter crash while filming the *Twilight Zone* movie in 1982.
- That crash brought changes in production restrictions and led to producer John Landis and four others being charged with involuntary manslaughter. All were acquitted.



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Storm hits like ton of bricks

A crushed truck sits outside a severely damaged Presbyterian church in Hattiesburg, Miss. Monday, one day after a tornado touched down. Emergency officials said at least 10 people were injured in surrounding Forrest County and three were hurt to the west in Marion County, but they weren't aware of any deaths caused by the storms.

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There are hits ... and there are misses

A jacket named Fred, and other e-dating horror stories

While there are many success stories thanks to online dating, there are definitely some dates stemming from the Internet that don't turn out so well.



"This girl would barely speak to me on dates, but as soon as the date was over (sometimes even before I had made it back to my car) I would get text messages or emails about how well she thought things were going, and asking if I wanted to pursue a relationship with her."

Miguel D., 33

"I stopped talking to a guy that I was getting creepy vibes from and didn't want to pursue meeting."



After being at my parents' house over Christmas though, I found out he had been trying to add my mom to Facebook for a couple of months — but I never give out any information other than my first name."

Jenna B., 23



"After two days of texting, this 25-year-old asked me what I was doing, to which I replied: 'Not much, just got out of The Hobbit.' He replied: 'What is that?! Some weird sex position?'"

And now his number is blocked."

Steph D., 26



"Last year, the day before Valentine's Day, I met 'Fred.' We met at a downtown coffee shop. Jason walked in and he looked nothing like his profile picture."

Wearing jeans and a denim jacket, he took off his outer leather jacket and flopped it onto a neighbouring chair. When a passerby asked if she could use the chair, Jason grabbed his jacket and yelled 'Fred!' (what he named his jacket) 'Come back here and don't run away again!'"

Jason then spanked the poor coat and threw it over his shoulder.

I was too embarrassed to even look at the girl dragging the chair away."

Amy C., 23

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THEY FOUND LOVE I

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HEATHER MCINTYRE
Metro in Edmonton

The first time was the charm for Heather Watson.

Her initial attempt at online dating through Plenty of Fish led somewhere she didn't think it would: marriage, two kids and a third on the way.

After moving to Grande Prairie, Alta., from Edmonton, Watson signed up for online dating. A couple of months after registering, she met Nicholas in November 2008. He became her husband in July 2010.

"At the time I was very busy managing a female-clothing store," said Watson, now 26. "That didn't invoke a lot of interaction with men, and I had heard that it was easier to meet men (online)."

According to Plenty of Fish, Watson is one of the lucky ones. The website states: "If you are in contact with 100 different singles, 50 per cent of the time your future partner is in the top 10, and 17 per cent of the time we can pick the exact person you will end up dating."

All in all, those aren't bad odds, said Edmonton personal relationship consultant Ryan Jakovljevic, of Evolve Per-



sonal Coaching and Counseling, noting that one in five couples today begin their relationship online.

The 25-year-old believes the growth in use of the partnership method has to do with a fear of rejection, and a draw toward being able to "sift through people and find somebody you think you're highly probable to like and enjoy being around without having to deal with a face-to-face awkward meeting."

Of course, those who have signed up to virtually meet others have done so for different reasons.

For 41-year-old Edmonton man Robin Taylor, who met wife Andrea, 40, nine years ago on Lavalife, it was due to where he was at in his life.

"I had come out of a long-term relationship and ... I was 32, so my previous dating experience prior to that was in my 20s. The world had changed and I wanted to change with it," he said.

For 25-year-old



Mixing technology and romance is no longer seen as taboo — as our models demonstrate inset, fuel the popularity of e-dating. HEATHER MCINTYRE/METRO

Catherine Dowhaniuk, who signed up for Lavalife at the tender age of 16, it was in order to make new friends

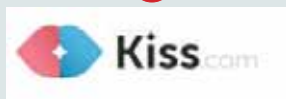
and meet people. She didn't expect to meet Mark, now 32. The Spruce Grove couple married in 2010.

"I think it's a great way to meet people, especially if you're busy all the time," she said. "Whether you make friendships or actually find that person that you love, it's still a great experience altogether."

While they preach the success of online dating because they are proof it can work, those who met through the Internet nearly 10 years ago have a different outlook on the process of filling out a

- 1996: Sixteen online dating websites are listed on Yahoo!

YAHOO!



- 1994: Kiss.com is launched. The site is still active and boasts 12 million users.



- 1998: The Meg Ryan and Tom Hanks rom-com You've Got Mail helps bring online dating to the mainstream.

Yahoo! Rise of web-based hubs fuels possibilities for romance online

COMPILED BY
LAURIE CALLSEN/METRO

N AN ONLINE SPACE



— now that more and more online success stories, like those of Robin and Andrea Taylor and Mark and Catherine Dowhaniuk,

Playing the odds

1 in 5

According to Edmonton personal relationship consultant Ryan Jakovljevic, one in five couples meet online nowadays.

whom she married in 2006, until signing up for Lavalife a second time in 2004.

"When I went back online the second time, the first guy I met, he was kind of a sleaze," said the 36-year-old Edmonton woman. "So when you meet somebody like that it's discouraging because you're thinking, 'His profile picture is nice, his pictures are nice — seems like a nice guy' and then you meet him and all he wants is one thing."

"So it's discouraging, but ... you just have to keep at it." Criticisms of online dating are that the websites promote hooking up, social isolation and easy options that could attract wandering eyes.

Jakovljevic admits it doesn't always work.

"Dating is largely based on whether or not you feel that attraction, that sort of connection like maybe you have known this person for a long time even if you haven't. And we still don't know quite what on paper creates that — is it similarities? Is it differences? Is it experiences? And although we're getting closer, online dating still hasn't found a way to describe that."

But it is now a mainstream way to form relationships that will succeed and fail, perhaps on a similar level as the ones that start in the grocery store, at the coffee shop, through friends or in the bar, he added.

"I would say that more people succeed than not, put it that way."

Exclusively online

For all our stories on online dating, including infographics, video and more, go to metronews.ca/datingfeature



HE HAD COFFEE, SHE HAD TEA

If you're searching for your soulmate online, the Bielendas' love match may give you hope

When Valerie Bielenda went on a date to a Second Cup in downtown Edmonton back in 2004, she took something most don't on dates.

"I had a friend go and sit so that he could watch me to make sure it was safe," she said with a laugh.

That was because she was meeting Mark, with whom she had initiated a conversation on Lavalife.

There was no need to worry though, as the couple chatted until the coffee shop closed, then moved on to Denny's, where they continued talking.

The pair had started chatting online about a week before they had met.

Valerie, now 36, had been on the site before, and was trying it for a second time.

"Being older — 27, 28 — it's harder to meet people because everybody in your age group is already married or paired up with somebody," she said.

Mark, now 38, said it was simply tough to meet girls at bars, and nothing transpired

with those met elsewhere.

The duo married on May 20, 2006, in front of 150 guests.

Many friends, mainly of Mark's, still don't know how they met.

"They don't know, so surprise!" laughed Valerie. "We just kind of never told them that we met online. I think, at the time, they would have bugged him a lot, but it is what it is. We're older now, we don't care."

"And it clearly worked out."

That — and it's more mainstream, added Mark.

"This is just another way of meeting your soulmate."

As the Bielendas, who still remember what one another was wearing, as well as what they had to drink on that first date, await adoption news, they do ponder what will be the next way people meet their partners.

"Twitter," said Valerie. "Isn't that how you meet people nowadays?"

HEATHER MCINTYRE/METRO

Quoted

"For the most part, you can try to match up with other people as best as you can, but of course it still doesn't guarantee when you meet that the chemistry will be there. But there's no harm in trying."

Ryan Jakovljevic, Edmonton personal relationship consultant

questionnaire and chatting through email leading up to a first date now than they did when they were doing it.

Laura Frey met husband Jason on Lavalife in 2003. The Edmonton pair went on their first date on Valentine's Day in 2004, were married the

same day five years later, and now have two children.

"We didn't even tell people how we met," said Frey, 32. "If people asked me, I would totally avoid the question because I was embarrassed — whereas now I just tell people because it's

normal and everyone does it."

In fact, according to Lavalife, more than 1.7 million members exchange more than 700,000 messages every day. Plenty of Fish boasts more than seven million conversations daily.

That change in attitude, and the growing number of people signing up for the sites looking to find a match, prove there is less of a stigma about the idea in 2013 than there used to be.

But that doesn't mean it's easy.

Valerie Bielenda didn't meet her husband, Mark,

YAHOO IMAGE: WIKIMEDIA COMMONS/JUTTA234; YOU'VE GOT MAIL IMAGE: SCREENGRAB/YOUTUBE; ALL OTHER IMAGES SCREENGRABS



- **2004:** Facebook is created.



- **2006:** Social networking website Twitter is created.



- **2007:** Online Dating Magazine says more than 20 million people visit at least one online dating website a day.

- **2009:** An eHarmony survey finds that nearly five per cent of U.S. marriages are from matches made on the site.

Part 2 of 3

YESTERDAY
Is traditional dating dead?

TODAY
The rise of the e-dating jungle

TOMORROW
E-dating success: How to shine online

Bill killed. Tories back off on their own Internet surveillance legislation

The Conservative government has abandoned its controversial and much-maligned Internet surveillance bill, legislation it once claimed was crucial to stopping child pornographers.

Less than a year ago support for Bill C-30, the so-called Protecting Children from Internet Predators Act, was presented to Canadians by the government as a binary choice.

"He can either stand with

us or stand with the child pornographers," Public Safety Minister Vic Toews scolded a Liberal critic in the House of Commons last February.

The comment set off a public firestorm concerning the Internet and personal privacy — a nasty fight that resulted in unsavoury details of Toews' divorce being splashed across the web by a Liberal party operative.

Toews, who introduced the legislation, did not attend Monday's news conference where Justice Minister Rob Nicholson said Bill C-30 is dead. After announcing changes to emergency warrantless wiretap laws, Nicholson let drop that C-30 was gone, in response to a reporter's question — an inquiry the minister was clearly expecting.

"Any attempts ... to modernize the Criminal Code will not contain the measures in C-30 — including the warrantless mandatory disclosure of basic subscriber information, or the requirement for telecommunications service providers to build intercept capabilities within their systems," Nicholson said.

THE CANADIAN PRESS

Significant move

The proposed legislation infuriated a wide cross-section of opponents, including privacy and civil-liberties advocates.

- "I don't think we should underestimate the significance of a majority government backing down on a piece of its legislation," said Michael Geist, the chair of Internet and e-commerce law at the University of Ottawa.
- "This is truly unprecedented within the context of this government," he said.

The Silvermans. Comedian's sister among women detained at Israel holy site

Israeli police Monday detained 10 women, including the sister of American comic Sarah Silverman, as they tried to pray at a Jerusalem holy site, the head of a Jewish women's group said.

Anat Hoffman, who was among those detained, said the women were stopped because they were wearing religious garb that Orthodox Judaism reserves for men. The incident occurred at the Western Wall, one of Judaism's holiest sites.

Silverman's sister Susan, a Jerusalem rabbi from the liberal Reform stream of Judaism, was detained along with her teenage daughter.

Sarah Silverman wrote on her Facebook page that she was "SO proud" of her sister and niece for their "civil disobedience." The original post included more explicit language typical of Silverman's humour.

The women belong to Women of the Wall, a liberal group that goes to the Western Wall each month to worship. They conduct certain rituals, such as wearing prayer shawls and singing out loud — practices reserved for men under strict Orthodox interpretations.

"They want the group to become frightened," said Hoffman. THE ASSOCIATED PRESS



Wrapped in Jewish prayer shawls Rabbi Susan Silverman, second left, along with her teenage daughter Hallel Abramowitz, second right, are detained by police officers in Jerusalem's Old City on Monday. TALI MAYER/THE ASSOCIATED PRESS

Anti-gay claims

Fantino defends Uganda grant

International Co-operation Minister Julian Fantino is defending the Conservative government's decision to fund an Ontario evangelical group that has described homosexuality as a perversion and a sin. The Canadian International Development Agency provides money for aid projects abroad on the basis of results, not religion, Fantino said Monday.

Crossroads Christian Communications, a group that produces TV programs, received \$544,813 in federal money to help dig wells, build latrines and promote hygiene awareness in Uganda. THE CANADIAN PRESS

More at plutorocks.com

Name tiny moons

Astronomers announced a contest Monday to name the two itty-bitty moons of Pluto discovered over the last two years. Three Pluto moons already have names associated with Hades and the underworld, so you may need to dig deep into mythology. THE ASSOCIATED PRESS

Chechens warned

Steer clear of false healers — or else

Sorcerers, psychics and faith healers may be on the way out in Chechnya, where the leader of the mountainous, overwhelmingly Muslim region in Russia's Caucasus has ordered a crackdown on the practices.

Kremlin-backed strongman Ramzan Kadyrov called on Chechens to steer clear of "charlatans" claiming to have magic powers, whom he accused of exploiting people's sufferings for money.

He went on to threaten that anyone engaging in such practices would feel the force of the region's feared security services.

THE ASSOCIATED PRESS

Myanmar emails

Hacking denied

Myanmar's government denied Monday that it was behind a possible attempt to hack into the email accounts of journalists working for foreign and local media who Google warned might have been the targets of "state-sponsored attackers." THE ASSOCIATED PRESS



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Air travel

WestJet to launch
Encore regional
service in B.C.

Canadian passengers flying in Western Canada will see some relief from rising fares this summer as WestJet's new Encore regional service takes flight in June, analysts say.

The airline will begin with daily flights between Fort St. John, B.C., and Vancouver, and Fort St.

John and Calgary. WestJet plans to introduce Encore to Eastern Canada in about nine to 12 months. "We are just getting started," said WestJet Encore president Ferio Pugliese, calling the upcoming launch a "historic moment."

The Calgary-based carrier is facing increased competition from Air Canada, which recently announced increased frequencies in Western Canada with its own fleet of Bombardier Q400s, operated by Jazz.

THE CANADIAN PRESS

Wireless code

Consumer groups,
cellphone industry
face off at hearings

Consumer groups and a cellphone industry with starkly opposed views about contracts for handheld devices began to make their cases Monday as the CRTC opened hearings in Gatineau, Que., on a proposed wireless code.

Representatives of three consumer groups urged the national telecom regulator

to do away with three-year terms in favour of capping contracts at two years.

The Public Interest Advocacy Centre, the Consumers' Association of Canada and Council of Senior Citizens' Organizations of British Columbia also oppose wireless carriers restricting the use of phones to specific countries or network providers.

And they're against companies charging sky-high roaming fees when devices are used outside their normal coverage area.

THE CANADIAN PRESS

N.Y.C. campaign convinces food producers to cut down on salt

Nutrition nanny? Anti-sodium effort is among city's attempts to change eating habits

Twenty-one companies have met targets in a New York City-led effort to get restaurants and food manufacturers nationwide to lighten up on salt, Mayor Michael Bloomberg said Monday.

The improved products range from Butterball cold cuts to Heinz ketchup to some Starbucks breakfast sandwiches, according to Bloomberg.

The salt campaign — one in a series of novel but controversial healthy-eating initiatives on Bloomberg's 11-year tenure — takes aim at foods ranging from hot

dogs to soup to popcorn.

Noting that Americans eat about twice as much salt as they should and citing its link to high blood pressure and resulting diseases, the city set voluntary guidelines in 2010 for various restaurant and store-bought foods.

The targets included cutting salt in breakfast cereals and flavoured snack chips by 40 per cent, and trimming 25 per cent of the salt in cold cuts, processed cheese and salsa.

Bloomberg has seized on improving New Yorkers' eating habits as a public health priority, leading charges that have banned trans fats from restaurant meals, forced chain eateries to post calorie counts on menus and limited the size of some sugary drinks.

THE ASSOCIATED PRESS



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Alta. E. coli outbreak. XL Foods review panel's tab could hit \$3,500/day

It will cost taxpayers up to \$3,500 a day, plus expenses, for a panel to review the E. coli outbreak at an Alberta meat plant last fall.

The federal government last week launched a review of the outbreak of the potentially deadly bacteria at the XL Foods Inc. plant in Brooks, Alta. The review will be conducted by an independent, three-member panel.

A cabinet order dated Feb. 5 shows that Ronald Lewis, the former chief veterinary officer for British Columbia, will be paid up to \$1,300 a day to chair the panel. The two other members, Northwest Territories chief public health officer Andre Corriveau and Ronald

Review mandate

- The review is to focus on what contributed to the outbreak at XL Foods, how well the Canadian Food Inspection Agency responded and why tainted meat ended up on store shelves and in people's kitchens.

Usborne, a former executive with Caravelle Foods, will each be paid up to \$1,100 per day.

Other expenses, including travel, accommodation and hiring expert staff will add to the overall bill. **THE CANADIAN PRESS**

Market Minute

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Who's hiding the horsemeat? EU regulators aim to find out



These Findus Beef Moussaka packs were removed from shelves in a shop in Ville d'Avray, outside Paris, on Monday, after horsemeat was discovered in some frozen meals. A complex web of trading between wholesalers in Europe is making it difficult for officials to figure out exactly who is passing off horsemeat as beef. **CHRISTOPHE ENA/THE ASSOCIATED PRESS**

Bogus beef. As equine flesh turns up in frozen dinners, officials realize supply-chain fraud may be quite widespread

Quoted

"There are people who are out there to defraud, who are looking to cheat."

France's agriculture minister Stephane Le Foll, speaking to RTL radio

A maze of trading between meat wholesalers has made it increasingly difficult to trace the origins of food — enabling horsemeat disguised as beef to be sold in frozen meals across Europe. France's agricultural minister said Monday that regulators must find a way "out of the fog."

The European horsemeat scandal — where the cheaper meat was substituted for beef in everything from burgers to frozen lasagna — is growing, involving more countries, companies and more finger-pointing by the day.

France says Romanian butchers, and Dutch and Cypriot traders were part of a supply chain that resulted in horsemeat being labelled as beef before it was included in frozen dinners including lasagna, moussaka and a similar French

dish called hachis parmentier.

Swedish officials were meeting Monday with executives from the biggest supermarket chains to get an overview of how widespread the fraud is, while in Paris top French government officials and meat producers were gathering to get a handle on the crisis, which has snared a French food processing company.

Agriculture Minister Stephane Le Foll said the results of the French investigation into the horsemeat fraud would be released Wednesday.

No one has reported health risks from the mislabelled meat, which came from a complex supply chain. But clearly some company in the food chain benefited from selling the much cheaper horsemeat as beef. **THE ASSOCIATED PRESS**

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GO LOVE YOURSELF



SHE SAYS...
Jessica Napier
metronews.ca

OK everyone: We need to re-surface from underneath the piles of candied sweethearts and overpriced floral bouquets and take a second to breathe. Valentine's Day can be a love-

ly opportunity to express affection for others, but I'd like you to forget about that for a moment and turn inward to focus on another important kind of love: self-love. No, not the home-alone-with-your-laptop-and-a-box-of-tissues kind of self-love, but the happiness that comes from being truly confident with who you are.

Clichéd as it might sound, you can't be happy with a partner unless you're happy with yourself. Making a conscious decision to love yourself — and that includes embracing all of the so-called flaws that make you you — is a prerequisite to accomplishing your life goals and being content both in and out of romantic relationships.

I don't need your opinion

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

self-esteem really such a bad thing?

My own piano-lesson-funding parents constantly reassured me that I could be or do anything I wanted, and today, aside from momentary bouts of economy-induced insecurity, I believe them. I have an embarrassing number of "selfies" on my iPhone camera roll because sometimes I think my hair looks really good.

I have wonderful friends and a good job and I can be quite funny sometimes, so I'm told. I don't love myself unconditionally every moment of every day but overall I think I'm pretty great.

Of course, I've read enough scathing reader comments online to know that there are countless people who would disagree with me on my self-evaluation, but that's OK.

Sometimes the hardest part about loving yourself is learning how to block out the cynics and manage your own inner monologue of self-doubt.

I'm not advocating a cultural shift toward egotistical self-interest, but I think we could all do a better job at feeling good about ourselves and showing it off.

Canadians have a habit of being apologetic and self-deprecating. It's arguably a lot easier — and often more comedic — to simply make fun of ourselves rather than display our confidence outwardly.

But we shouldn't undermine our own self-worth in the name of modesty and agreeableness.



Looking for love this Valentine's Day? Look within. FLICKR.COM: *ABHI*

Skirting around winter blahs



THOMAS LOHNES/GETTY IMAGES

Carnival festivities

Umbrella men in skirts revel at fest

On a cold Monday, Germans are in a mood for dancing.

Revelers in Herstein take part in Springerzug, literally "jumping parade," a local Carnival tradition.

Rose Monday is the high point of the annual Carnival in the region between Mainz, Cologne and Düsseldorf, where since 1823 people celebrate free-spirited merrymaking before Lent. **METRO**

Satire in float formation

Political parody is central to Carnival

Floats with satirical portrayals of politicians are a traditional part of Carnival celebrations in Germany's Rhineland.

One float in Cologne this year depicts Chancellor Angela Merkel as a mother sow, with piglets wearing European flags suckling at her teats.

In Düsseldorf, Merkel was paraded through the streets, with a Hitler-like moustache being drawn on by a Greek. **METRO**

Carnival facts

- **Time.** Carnival week begins on the Thursday before Ash Wednesday and finishes on Ash Wednesday.
- **Origins.** In the early 19th century, fun-loving expression (using parody and mockery) was seen as an act of defiance against Prussian and French occupation. Seeking to deride the orderliness of the Prussian soldiers, locals would don extravagant costumes

and carry wooden rifles with flowers protruding from the barrels.

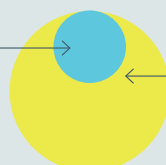
- **Money-maker.** Almost \$2.7 billion US of revenue is generated by the carnival season in Germany, according to German Carnival Association.
- **Candy cache.** During Cologne's Shrove Monday (Rose Monday) procession, 330 tons of candy, 700,000 chocolate bars and 220,000 chocolate boxes are thrown into the crowds lining the streets.



Register at metropolitanpanel.ca and take the quick poll

A jet-sized asteroid will come so close to Earth this week that it will be between us and our weather satellites. Are you scared?

17%
YES, THAT'S
TOO CLOSE
FOR
COMFORT



83%
NO, IF NASA
SAYS DON'T
WORRY, I
DON'T
WORRY

Twitter

@TMLHamza: Can the #Leafs make it four straight tonight? #TMLtalk

@andrewconte10: At the very least what Saturday night did was rekindle the fire that needed rekindling in one of the oldest rivalries in sports #Leafs #Habs

@_ImBent: Last year all Toronto teams almost made me cry, but it's ok now.

@savethecoral: 70 years ago, Agnes Macphail was one of the 1st 2 women in the Ontario Legislature. Today, @Kathleen_Wynne becomes the 1st female Premier

@mel_wood: After she was sworn in as premier, journo asks Kathleen Wynne why she didn't wear a skirt. There are no words.

@ARLOtheComedian: You know what Queen & Spadina is missing? A burger joint. #Toronto

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DVD review



Skyfall

Director: Sam Mendes

Stars: Daniel Craig, Javier Bardem, Naomie Harris

•••••

The 23rd official James Bond film seems as fresh as the first did 51 years ago. Daniel Craig's third stint as 007 finds him wounded and besieged, finally dealing with the calendar's cruel accounting.

Bond must fight a threat that is at once more understandable and more complex than in the past. Leering menace Silva (Javier Bardem) has a computer drive containing a list of NATO officials secretly embedded with terrorist organizations. He plans to expose five at a time, putting many lives at risk. Can Bond stop him?

An early chase scene in Istanbul, which thrillingly recalls the parkour start of Casino Royale, raises doubt — and suspense.

007 still scores with the ladies, who are no longer "Bond girls," but women. Dame Judi Dench is back as spy boss M, turning in a steely performance. Ralph Fiennes, Ben Wishaw and Albert Finney add their own star power.

Director Sam Mendes, a series newcomer, skillfully blends 007 tradition with innovation, making viewers fall for Bond all over again.

Extras includes commentaries and multiple featurettes.

PETER HOWELL



Wanda Sykes brings her brand of comedy to Niagara Falls this week. GETTY IMAGES

Honeymoon with Wanda

Coming to Canada.

Comedian shares her thoughts on Niagara Falls, champagne bathtubs and Jodie Foster



NED EHRBAR
Metro World News in Hollywood

Comedian Wanda Sykes brings her standup act to Niagara Falls this week, so we wanted to check in with her about old-fashioned tourist destinations and comparing American and Canadian audiences. She also has some notes for Jodie Foster following Foster's headline-grabbing Golden Globes speech

last month.

Is there anything you do to modify your show for Canadian audiences?

Not really. You know, I might not do as much with American politics or something, but mainly it's about the same. I don't really switch it too much. Now my act is so much more about personal life and family and kids and stuff, so I think it's a little more relatable. Canadians like to be made fun of. It's kind of like they expect it, and if you don't make fun of them, then they're like, "Come on." Like they ask for it, it's so funny.

When I think of Niagara Falls, I immediately think of old-fashioned, hokey honey-

moons. What's your association with it?

I still think about the people going over it in a barrel. I guess that. But yeah, you think of the hokey honeymoon with the champagne bathtub and the heart-shaped waterbed and stuff like that. But I was told that I would not have any of that in my room. But I just did Leno, and he's played there, and he told me that you can see the Falls right from your room, and it's really fun and nice to look at for about 90 seconds, and then you have to pee. But that might be an old man thing. We'll see if I'll be peeing a lot.

Did you just call Jay Leno an old man?

I will call Jay Leno an old man to his face. He knows that.

If you go...

Sykes performs at the Falls-view Casino in Niagara Falls February 14th and 15th.

You handled your coming out of the closet very gracefully. Did you happen to see Jodie Foster's speech at the Golden Globes?

I did. I was confused. I was really confused, because I was like, "Wait a minute, is she making a speech and taking up all this time really to say that she's not coming out?" I mean, then just don't come out. To me it was more confusing than what she was trying to do. It just didn't work for me, I should just say that.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Get in on the Grammy gossip



THE WORD

Dorothy Robinson
scene@metronews.ca

Sunday night was so big we're still talking about it Tuesday (sorry, Pope).

The drama surrounds Chris Brown, of course, because it always does. Brown, who already rubbed most people the wrong way after he refused to give a standing ovation to Frank Ocean when he won over Brown for best urban contemporary album, partied hard at a Hollywood nightclub with Rihanna. TMZ was there to snap pictures of the two of them smoking what appears to be a joint (shocking!) and leaving the club around three in the



morning.

The ratings for the 2013 Grammy Awards were big, but not big enough to top 2012's numbers. Why? No dead pop icon. Last year's record audience was be-

cause the awards show was held the day after Whitney Houston's death. But still, this year's music-filled awards show delivered 28.37 million viewers.

Missing from Sunday night's party? Justin Bieber, who sat out the Grammys this year. Instead, the pop star decided instead to do a livestream web chat with fans during the awards ceremony, but technical difficulties scuttled those plans.

"Livestream is over capacity and not letting me in the room. Give me a second," Bieber tweeted, letting his frustration show. "Since nothing is working and I'm super-upset, I feel I gotta make it up to you. I should post a new song on Twitter so you can still be excited."

Bieber had decided to forgo the awards show after not receiving a single nomination.

Chastain feels no disdain



Jessica Chastain

Jessica Chastain doesn't appreciate the rumours out there that she and fellow Oscar nominee Jennifer Lawrence are feuding.

"I find it very sad that media makes up bogus stories about women fighting in this industry," Chastain writes in a post to her Facebook page. "Why do we support the myth that women are competitive and cannot get along? I think all of the actresses recognized this year have given incredible performances. But more important, they've all shown themselves to be filled with generosity and kindness. I've done two photo shoots with Jennifer Lawrence over the years and have found her to be utterly charming and a great talent."



Taylor Swift ALL PHOTOS GETTY IMAGES

Anger in English: Swift gives Grammys her best British Style

Taylor Swift used her opening slot at the Grammys this weekend to offer a not-so-subtle dig at ex-boyfriend Harry Styles. Before a rousing chorus of We are Never Ever Getting Back Together, Swift offered, "So he calls me

up and he's like, 'I still love you.'" copping a British accent in an obvious nod to the One Direction member. "And I'm like, 'I'm sorry, I'm busy opening up the Grammys. And we're never getting back together. Like, ever.'"

Jolie pops head out of hiding to present film industry honour

Angelina Jolie has kept a fairly low profile lately, sticking around London with her family while she filmed her upcoming Maleficent and Brad Pitt worked on World War Z. But the busy mother of six made a surprise appearance in L.A. this weekend, presenting a lifetime achievement award to cinematographer Dean Semler at the American Society of Cinematographers Awards, according to Us Weekly. Semler shot Jolie's directorial debut, In the Land of Blood and Honey.



Angelina Jolie

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RRSP GUIDE

Tuesday, February 12, 2013



A lump sum RRSP loan can help reduce your gross income, which reduces the amount of taxes you owe. COMSTOCK IMAGES/THINKSTOCK

When is a loan right for you?

YVLA
VAN BUUREN
For Metro

It's a common scenario at tax time — the accountant preparing your personal tax return calls to say that you owe money ... and you should buy RRSPs to reduce the tax bill. If extra funds are not available, should you rush out and get a loan?

"Unfortunately, most people make RRSP loan de-

cisions on the spur of the moment," says Stephanie Holmes-Winton, CEO, The Money Finder, Halifax, and a member of Advocis, The Financial Advisors Association of Canada. "And it should really be a thought-out part of their financial plan."

Reducing your tax bill is one of the reasons why many people buy RRSPs — and that makes sense, says Anthony Williams, Canadian Institute of Financial Planning, vice-

president of academic affairs. A lump sum RRSP loan will help reduce your gross income, which reduces the amount of taxes you owe.

At the same time, putting a lump sum amount in all at once allows your money to grow more over time, Williams said, because it's in there longer — compared to if you put in the same amount but made monthly contributions.

Another reason people

take a large sum RRSP loan is because it may trigger a tax refund, but that can work against you, too, if you aren't careful.

Here are three scenarios where you might want to reconsider an RRSP loan:

You aren't a disciplined money manager

"Borrowing money to get a tax refund and then spending that refund on 'whatever' is not recommended," Holmes-

Winton said. "You end up paying the loan back with after-tax dollars plus interest."

It's better to apply the refund cheque to the RRSP loan and lower the principal. Some banks structure RRSP loans so the first payment won't apply until after you get the tax refund.

The new monthly payment will not be manageable

A loan means there is a debt obligation and you will have

to have the cash flow to make the monthly payment. Some people have to supplement their income, Holmes-Winton said, by using credit cards and lines of credit and they end up in worse shape.

The loan costs more than you think

Sometimes there are payment free periods of time, but extra interest costs or administrative fees. Always read the fine print, and don't rush into anything.

Contributions. Program allows you to upgrade your education

MICHELLE
WILLIAMS
For Metro

In recent years, the number of Canadians of all ages starting over in new careers has hit an all-time high. Maybe you have always wanted to explore new opportunities — or perhaps you have been caught in your company's downsizing and you need to establish yourself in a new vocation. The quandary is how to support yourself and your family while you retrain.

"A new government pro-

gram is making education upgrading easier for Canadians," explains Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "The Lifelong Learning Plan allows you to use your RRSP contributions to pay for training for you or your spouse."

The Lifelong Learning Plan (LLP) allows you to take out up to \$10,000 annually from your RRSPs to a total of \$20,000 in more than a four-year period for you or your spouse, but not for your

children's education. The best part — you will continue to be sheltered from paying taxes on the withdrawal. You will have to repay your RRSP over a 10-year period; any funds not repaid after the 10-year deadline will count as income and be taxed.

To participate in the program, there are conditions to meet. While you can use the funds to pay any expenses, you must be registered full time (disabled individuals may be registered part time) in a qualifying program at an approved educational institu-

tion. You must reside in Canada and complete your program before 71 years of age.

Participation in the LLP program is available as many times as you want over your lifetime, provided you pay back your RRSP contribution before you apply for a new program. Typically, repayments must start in the fifth year after the first withdrawal to avoid tax penalties.

"This plan is a great incentive to get retrained if you are starting over in a new career, but you want to make sure you see yourself mov-



A new government program is making education upgrading easier for Canadians. ISTOCKPHOTO/THINKSTOCK

ing into the particular field you're training for before you decide to dissolve your assets," Cheng said. "It would be a shame to lose out on the deferred growth of your RRSP and discover part way through the program that

this isn't the field for you."

For more information on the Lifelong Learning Plan and more ways to use RRSP contributions to train for a new career, contact a certified financial planner or your local financial institution.



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RRSPs can be a good way to finance a home purchase. ISTOCKPHOTO/THINKSTOCK

Homebuyers can take advantage of new plan

MICHELLE
WILLIAMS
For Metro

Your dream home just posted a "For Sale" sign — but your assets are tied up in RRSPs. Do you let this opportunity pass you by?

"Not at all," says Serena Cheng, director of Wealth Management and investment adviser with Richardson GMP in Toronto. "RRSPs can be a great way to finance a home purchase. If you're a first-time buyer, take advantage of your RRSP investments to buy a home with the federal Home Buyer's Plan."

Home Buyer's Plan (HBP) is a government program that allows first-time buyers to withdraw as much as

\$25,000 from RRSP contributions to buy or build a home for themselves or a related disabled person. "The biggest benefits are that you don't have to pay taxes on this amount, and you have 15 years to pay it back to your RRSP fund," Cheng said. "And if you are purchasing the home with your spouse or partner, you can each withdraw \$25,000."

One firm condition is that payments to reimburse your account must be at least 1/15th of the amount each year. If you can't repay annually, you must pay tax on the amount. Among the other conditions: You must reside in Canada and purchase your home in Canada; the home must be your pri-

mary residence; you must be a first-time buyer or have not owned your principal residence for a period of at least five years; and you must be participating in this plan for the first time.

"The HBP is a good way to get your hands on cash for a down payment, but one disadvantage is that you do lose out on the deferred growth of the RRSP," Cheng said. "You also have to be committed to paying it back on schedule to protect yourself against tax penalties."

For more information on the Home Buyer's Plan and more ways to use RRSP contributions to purchase your home, contact a certified financial planner or your local financial institution.

Pitfalls investors should avoid

TALBOT
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Smart Investing

While the registered retirement savings plan (RRSP) is a great vehicle to help Canadians save for their retirement, there are some pitfalls that investors may not know about and should try to avoid.

Many people, for example, confuse their contribution limit with the deduction limit.

The deduction limit is set at 18 per cent of your previous year's earned income, up to a dollar limit, which changes every year. The maximum dollar limit for the 2012 tax year is \$22,970, up from \$22,450 in 2011, and will rise to \$23,820 in 2013. It is contained in the notice of assessment that you get each year from the Canada Revenue Agency after you have filed your return.

Another pitfall can be saving too much in your RRSP and having too many ac-



Try not to make the same mistakes other investors make when it comes to RRSPs. FIONLINE/THINKSTOCK

counts. An RRSP of between \$700,000 and \$2 million, for example, may sound great, but that money will be taxed at some point. A retiree with such a large plan would be in the 46 per cent tax bracket and would have their Old Age Security (OAS) clawed back.

Having your financial assets spread over several plans can lead to a disorganized investment strategy, duplication, inappropriate asset allocation and paying

more fees than if all investments were consolidated in one account.

Waiting to the last minute to make your contribution is another common pitfall. It can lead to making emotional decisions or parking the money for too long on the sidelines. By contributing early or making regular contributions during the year you get the tax-sheltered returns starting sooner and get the advantages of dollar cost averaging.

Many people also may be investing in the wrong things in their RRSP. As a general rule, it's better to invest in fixed income in your RRSP and equities outside of your RRSP in a non-registered account.

THE CANADIAN PRESS
TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Pool your savings with a spousal RRSP

When one person in a married or common-law couple has a much higher income than the other, it's a great idea to open a spousal RRSP, especially if you intend to retire before age 65, says Dean Owen, a personal financial adviser in Saskatoon and past chair of ADVOCIS, The Financial Advisors Association of Canada.

A spousal RRSP allows a couple to build up the pool of savings for the person with the lower income so that at retirement there are equal amounts of RRSPs.

"Basically, it's a smart tax move with the intention of income splitting," says Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning. "You're shifting income from the higher income earning spouse to the lower income earning spouse with the objective of reducing the accumulative family tax bill."

How does it work? The spouse with the higher income opens — and contributes to — a spousal RRSP in the partner's name. How much the contributor puts into the RRSP depends on what their contribution limit is that year. If it's \$20,000, for example, they can put the entire amount into their own RRSP, they can put the entire amount into the spousal RRSP, or they can split the amount between the two plans. But they can't go over the limit, Owen said.

While the contributor gets the tax deduction today, "the idea is to even out your retirement savings so you can keep the taxes you pay when you are retired as low as possible," Owen said. Instead of withdrawing \$60,000 from one person's fund, for example, each person withdraws \$30,000 and is taxed at a lower tax bracket.

One caveat is that funds must not be withdrawn for at least three years. If they are withdrawn, the money is attributed back to the contributor who pays the tax bill. When withdrawal occurs after this attribution period, the tax is paid by the owner.

YLVIA VAN BUUREN

The dating food guide

Dr. Dawn Harper, a health expert on the award winning British TV show *Embarrassing Bodies*, talks us through what we should and shouldn't eat or drink before, during and after a hot date.

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

BEFORE



TAKE A PROBIOTIC If you know that you suffer from gas, taking a probiotic (as a supplement or in your yogurt or cereal) will help with your digestion.



BEAT THE BLOAT Constipation causes bloating. Increase the fibre in your diet by eating more fruit and vegetables two to three days before the date.



FILL UP ON H₂O Drink plenty of fluids. A dehydrated mouth is a smelly one.



DON'T DRINK ON AN EMPTY STOMACH But if you're going for dinner, you can't afford to be too full either. Have something small, like a cookie and a glass of milk, to line your stomach.

DURING THE DATE



SKIP THE SPAGHETTI If I were going out to impress, I wouldn't order a pasta-based dish. I've yet to meet somebody who could eat spaghetti easily — it may dribble down your face. Choose something you know you can eat relatively elegantly.



SKIP THE ESPRESSO End the meal with a peppermint tea or a sweet. This will freshen your breath and help ease digestion.



AVOID GASSY FOODS Our body produces around two litres of bowel gas a day ... but you don't want to be burping or breaking wind when you're trying to have a romantic evening, do you? Foods such as beans, pulses, onions, cabbage, sprouts, cauliflower and artichokes increase production of gas. Avoid any awkwardness by removing these foods from your diet for a while.



PACE YOURSELF Eat slowly! It can take 20 minutes for the hormones secreted in your stomach to get the message through to the brain indicating that you're full. If you eat too fast, you may have overdone it by the time your brain goes, "Wait, slow down!" And then you'll be left with that horrible feeling that you've got a brick lodged in your stomach.



WATCH YOUR MOUTH Spicy or garlicky foods can cause bad breath. Be conscious of what your other half is eating and follow suit. Tip: if your dish comes with a parsley garnish, chew on that as it will help get rid of any nasty smells in your mouth.

AFTER



DON'T SAY WE DIDN'T WARN YOU... If you were a complete pig at dinner, then you're probably going to want to lie down, hold your belly and groan. You won't be up for a night of passion.



PRACTISE SAFE SEX ... The nicest people can and do get sexually transmitted diseases. You might be out with Mr. or Ms. Wonderful — but genitals don't know that, and neither do the bugs that party down there. Make sure you use protection — if you're not crippled by stomach cramps from eating too much food, that is.

Close encounters

...and other health issues you might want to be aware of

Teeth. According to Harper, we should all be brushing our teeth twice a day and flossing at least once. Doing so will remove the tiny particles lodged between the teeth, which can become a source of bad breath when broken down by bacteria. You can also use a tongue scraper.

Food hygiene. Avoid buffet style meals, warns Harper: "Food that's been out hanging around at room temperature for a long while is more likely to be contaminated."

Body odor. You sweat, you wash — makes sense, right? Ironically, that's actually the worst thing you could do. "Fresh sweat doesn't smell — pungent BO is the result of sweat being broken down by the bacteria on your skin," says Harper. "This is because the skin is slightly acidic, so when you use a normal perfumed soap, which is slightly alkaline, you're changing the PH of the skin and creating an environment that's better for the bacteria to grow. It's a vicious cycle. The bacteria have had a chance to replicate and proliferate and now there are more of them breaking the sweat down, making the smell worse. Use PH balanced soap to slow down the production of bacteria."

3 TIPS



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Need for speed.

Former Bruin P.J. Stock swears by plyometrics to increase power and pick up the pace

CELIA
MILNE
life@metronews.ca

Want to train like a hockey pro? Get ready to jump!

Metro asked P.J. Stock, former Boston Bruins' left winger, for some advice on training to increase power and speed. Stock, who is now a media personality and trainer at Adrenaline Performance Center in Montreal, says that hard work in the gym pays off on the ice.

"Off-ice training is an essential part of a hockey player's routine. The faster you're able to get to the puck, the better," he says.

Stock is a big believer in plyometrics, or "jump train-

ing," a series of exercises that increase the heart rate quickly.

"Explosive exercises really help push your body through weak spots and teach your muscles to react faster," he says.

A 2010 Spanish meta analysis (scientific wrap-up of several studies) found that doing a variety of plyometric exercises plus weight training benefits almost everyone — from elite athletes to weekend warriors, to those in poor physical condition.

And plyometrics can improve fitness for both men and women.

"Do exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, speed and agility," says Stock, who is a spokesman for Reebok.

Stock's advice for not getting injured: "Training, nutrition and rest, and a bit of luck!"

What counts as plyometrics?



P.J. Stock training with a medicine ball. CONTRIBUTED

- Examples of plyometric exercises are jump rope, jump squats, leg hops, box jumps, medicine ball throws, burpees, kettle bell swings and push ups.



P.J. Stock is a spokesperson for Reebok and a trainer at Adrenaline Performance Center in Montreal. GETTY IMAGES

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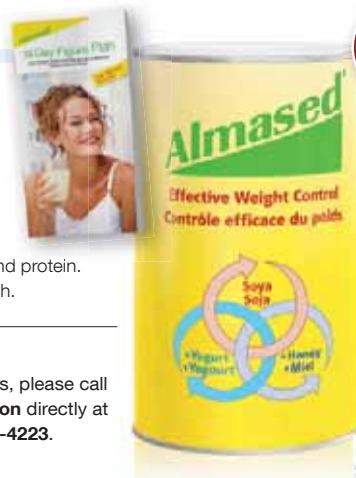
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Lunch: 1 bowl of vegetable broth

Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.

Day 4 Through 14

Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired.

Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online).

Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired.

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Bipolar characters step out of darkness, into the spotlight

Times a changin'.

TV and movies offer complex characters that help both the ill and others identify

Bipolar used to be shorthand in a movie: a sign someone was possibly paranoid and probably dangerous. But in *Silver Linings Playbook* and *Homeland*, audiences have been introduced to characters who are far less stereotypical. They're main characters. They struggle with the disorder, without being defined by it, and they're definitely the good guys.

That's not coincidental — the writers of the movie and the show are trying to make their characters more realistic, borrowing from personal experience with people who have mental illness.

Claire Danes won an Emmy and a Golden Globe for her performance as Carrie Mathison in *Homeland*, and the show received a Voice Award from the U.S. Substance Abuse and Mental Health Services Administration for an episode in which Carrie is hospitalized.

"Carrie, as a character, and Claire as the actress portraying that character, has a very fine line to walk. She has to appear unbalanced and competent at the same time," says *Homeland* executive producer and co-creator Alex Gansa.

"The truth is that a lot of bipolar people are very high functioning and learn to mask



Silver Linings Playbook has been nominated for eight Oscars, including best actor for Bradley Cooper's portrayal of Pat Solitano, the lead character in the movie who is dealing with mental health issues. HANDOUT

Time to talk

- Today marks Bell Let's Talk Day, where the company will donate 5¢ to mental health initiatives across Canada for every text message sent, long distance call made, Tweet using #BellLetsTalk and Facebook share of its Bell Let's Talk image. letstalk.bell.ca.

and to recognize the symptoms when they're either horribly depressed or intensely manic and are able to self-monitor in those situations. Carrie is sometimes more adept at that than others."

Homeland's writers and Danes have looked to books,

consultants and even YouTube videos for inspiration on how Carrie should act in certain situations. One of the show's producers, Meredith Stiehm, also draws from her sister's bipolar experience, Gansa says.

Pat Solitano, the main character in *Silver Linings Playbook*, is also drawn from real people struggling with mental illness, says Matthew Quick, the author of the eponymous book the movie was based on.

"I was trying to promote hope, I was trying to show that by taking the right steps, that life can get better. And I was definitely trying to promote tolerance for people like Pat," he says. "I think we need films (where) we can go and talk about these things, think about them. But we leave feeling not

absolutely destroyed."

Robert Whitley, an assistant professor of psychiatry at McGill University who researches media coverage of mental illness, says that while he thinks "it does take a courageous director or writer or producer to go behind the scenes and try and understand (bipolar) disorder and how it affects people," he has problems with Pat's character.

"It's an inaccurate portrayal of somebody with bipolar disorder," because Pat is violent and obsesses about contacting his wife when she has a restraining order against him, says Whitley. "These aren't characteristics of bipolar disorder."

(Quick disagrees that the violence is unrealistic, saying

he dealt with "violent outbursts every single day" when working in the mental health field.)

"I wanted to show someone struggling with some pretty serious emotional and mental health issues, but I didn't want to label Pat," Quick says. To create the character, he drew from his work with teenagers who

have severe autism and people with brain trauma and his own experiences with depression and anxiety.

"I consider myself a member of the mental health community," Quick said. "I do slide back and forth into euphoric and depressed states, but I've never been diagnosed bipolar."

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Best Health Minute

Health truths and falsehoods



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

In each issue of Best Health magazine, we offer Canadians real answers to everyday questions when it comes to health, beauty, fitness and nutrition. One of our regular columns is What Works, What Doesn't, and it appears in our January/February issue, on newsstands now. Here are some highlights from that article:

1. Will mouthwash actually kill cold germs?
No. While oral rinses with antiseptics do kill germs that



While mouthwash kills germs in your mouth, it is powerless against the common cold. ISTOCK PHOTOS

live in your mouth, they don't protect against or treat the common cold.

2. Can eating fish fight depression?

Yes. The rates of serious depression are lowest in countries where lots of fish is consumed. The brain is about 60 per cent fat, much of it in the form of the DHA and EPA omega-3 fatty acids in fish. Depressed people tend to have low blood levels of these.

3. Do you still need to wear

sunglasses in winter?

Yes. Sunglasses protect against common vision-robbing conditions, such as cataracts and age-related macular degeneration, caused by the sun's ultraviolet rays. Sunglasses are not just for summer. Snow reflects 80 per cent of sunlight — three times more than water and five times more than sand.

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Fat Tuesday slims down with Red Beans and Rice Soup

With Mardi Gras upon us, turn the classic Red Beans and Rice dish into a hearty (and healthy) soup fit for a Mardi Gras party.

All it takes to transform the standard Red Beans and Rice into soup is the addition of celery, onion and green bell peppers (often called the "Holy Trinity" of New Orleans cui-

sine), a little Creole seasoning, some chicken stock, and andouille sausage.

By the way, this soup is even better a few days later, and it freezes well.

1. In saucepan over medium, heat oil. Add sausage and cook, stirring occasionally, until light-

ly browned, 5 minutes. Use slotted spoon to transfer to a bowl.

2. Add onion to saucepan and cook, stirring occasionally, until golden, 5 minutes. Add garlic and Creole seasoning and cook, stirring, 1 minute.

3. While onion and garlic are

cooking, mash 1 cup of kidney beans with fork, then add them to saucepan. Add celery, pepper, remaining whole beans, chicken broth and bay leaf. Bring mix to a boil, then reduce to a simmer and cook for 15 minutes, stirring occasionally.

4. Stir in reserved sausage and



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

the cooked rice. Cook until heated through. Discard the bay leaf before serving.

Creole Seasoning

1. In a small combine all

ingredients. Store in airtight container for up to 6 months.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 2 tbsp olive oil
- 9 oz (3 links) turkey or chicken andouille sausage, diced into 1/2-inch chunks
- 2 cups medium chopped yellow onion
- 3 cloves garlic, minced
- 1 tbsp Creole seasoning (purchased or use the recipe below)
- Two 15 1/2 -oz cans low-sodium red kidney beans, drained and rinsed
- 2 cups chopped celery
- 1 1/2 cups chopped green or red bell pepper

- 6 cups low-sodium chicken broth
- 1 Turkish bay leaf
- 1 1/2 cups cooked brown rice (1/2 cup uncooked produces 1 1/2 cups cooked)

Creole Seasoning

- 1 tbsp plus 1 teaspoon hot paprika
- 1 tbsp garlic powder
- 1 1/2 tsp each onion powder, cayenne, dried oregano, dried thyme
- 1 tsp each ground black pepper, kosher salt

Health Solutions

Chocolate outside of the box



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

My funny valentine, you are going to have to think outside the box this year in your love purchase.

There are ways to show your affection without all that sugar and fat. And I promise, it will feel just as sweet.

Here are three ideas:

Cocoa nibs in a grinder

Nibs are bits of the whole cocoa fruit before all the processing, which means that they retain their full anti-oxidant power. A beautiful grinder that sits next to the pepper mill will remind me all year not only to use the nibs on everything as I do pepper, but also that you thought of me deeply.

Whip up a Mexican Hot cocoa mix

Organic cocoa powder, skim milk powder, organic cane sugar, cinnamon, pinch of chili pepper. A couple of spoons of this in a cup of boiling water and all I will be able to think about is spooning.

At least 70 per cent cocoa, please

If you are going to buy me straight up, good old chocolate, make it the finest, organic, fair trade dark stuff that has at least 70 per cent cocoa. We may as well love the rest of the world as much as we love each other.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Top 5 romantic places to be kissed

Oh, Valentine's Day. Next to New Year's Eve, it's the day many Canadians actually care about whether they have a special someone to lock lips with. While the key to fun tonsil hockey is being into the person you're doing it with, the right backdrop can take the experience from "that was fine" to "I saw fireworks!" So whether you've already been struck by cupid's arrow or are single and ready to mingle, here's the top 5 most romantic places in Canada to get kissed.

MAE BOWRING
life@metronews.ca



Whitehorse

Witnessing the magic of the Northern Lights, or Aurora Borealis, should be on the bucket list of all Canadians, and it's an especially romantic setting at this time of year. There isn't a better time to lean in for a kiss as waves of pink, green, blue and yellow dance across the night sky.



Old Montreal

Between the cobble stone streets, fashion boutiques and cosy restaurants, it's hard not to feel like you've been transported to Europe when in Old Montreal. Use the cold weather as an excuse to get closer. Share some hot chocolate as you explore the city and maybe later, each other's lips.



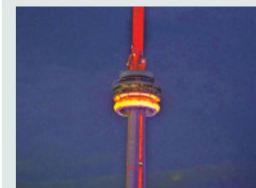
Victoria

Recently voted the most romantic city in Canada by Amazon.ca, this B.C. city has a picturesque inner harbour that could make any tourist wonder, "Why don't I live here?" Take a stroll along the waterfront and steal your kiss in front of the city's parliament building, which looks spectacular when lit up at night.



Kingston

The dark horse on this list, Kingstonsians know there's much more to their city than limestone and penitentiaries. A stroll through the shops on Princess Street is the perfect date activity. Tip: there are plenty of alcoves and quiet walkways to sneak into to enjoy a we're-about-to-get-caught kiss.



Toronto

Sometimes it's hard to call Hogtown pretty, but from the top of the CN Tower on a clear night, the view can be downright breathtaking — and romantic. If your kiss atop the tower leaves a lasting impression, go back in the summer and relive the romance while doing the EdgeWalk. That's a souvenir photo you'll want to keep.

How to love Valentine's Day ... on your own

Valentine's Day. It may be a yearly highlight for those with a significant other, but what if you are single... or recently back on the market? Metro asked writer Mae Bowring to find an alternative way to spend the holiday

MAE BOWRING
life@metronews.ca

Surviving the holidays was

hard enough dodging awkward questions about where my boyfriend was and having to quietly explain that we're no longer two peas in a pod.

So with Feb. 14 staring me down and no beau in sight, I decided to get into the spirit of the so-called Hallmark holiday and treat myself to the perfect Valentine's Day getaway.

With one of my favourite single girlfriends in tow, we arrived in Oakville, Ont. to discover the top five things a singleton must do to celebrate their love — for themselves — on Valentine's Day.

Get your glow on

Harsh winter winds make my

face look more chapped and flaky than fresh and dewy, so my friend and I didn't hesitate to surrender our skin to the experts at Qi Tranquility Spa. Sticking with the Valentine's Day theme, they treated us to a strawberry and chocolate facial that was blissfully relaxing when I wasn't thinking about licking my own face. The spa's "it's not me, it's you" anti-Valentine's packages are specifically designed for the happily single.

Feel great from the inside out

The last place you'll find a single woman the week before Valentine's Day is trying on

a sexy bra, but that's exactly why we stopped by Inside Story Fine Lingerie. With 85 per cent of women wearing the wrong bra size, it's smart to get measured regularly. We discovered that wearing lingerie is exhilarating and empowering, even if it's just us who see it.

Dress to impress

Impress yourself, that is. It's easy when you're single to live in sweatpants, but being alone is exactly why you should make the extra effort. When you look together, you feel better and walk just a little bit taller. I swung by Mendocino and bought a black leather

vest that I can wear in the office or on the next girls' night out. Avalon Fine Jewellery had the necklace I'd been pining for and Lole's stylish sportswear attracted the runner in me.

Roll out the red carpet

I've worn beautiful dresses to weddings before, but slipping into a ball gown brought out my inner Cinderella. Once the ladies at By Tocca, an all-occasion evening wear boutique, zipped me into a stunning animal print one-shoulder gown by Canadian designer Wayne Clark, I felt the urge to twirl. It reminded me of the importance of playing dress up every

once in a while, no matter what your age.

Eat in style

Just because you're dining for one doesn't mean you have to stay home and eat frozen pizza. This is the perfect opportunity to give in to your palate's desire. For lunch we sampled chef Thiru's crispy masala dosa and Indian cuisine at Suvai. Fresh oysters (an aphrodisiac) and a piping hot lamb soufflé was on the menu at nearby Jonathans for dinner, leaving us grateful that we arrived hungry, because we were going home stuffed.

THE WRITER WAS A GUEST OF THE DOWNTOWN OAKVILLE BIA

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The fastest relationship killer is financial stress. So think frugal this year. ISTOCK IMAGES

Do something hot this Valentine's Day: save your dough



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

According to a variety of recent bank surveys, the average couple spends between \$200 and \$400 to celebrate Valentine's Day. The majority of those costs are borne by men.

If you're like most North Americans, still feeling the pinch of credit card bills from December's holiday season, don't blow out your budget on Feb. 14. Treat your valentine to a low-cost and meaningful experience.

Try these ideas to celebrate.

In this crazy, busy age we live in, quality time with your partner is special. So block off your calendar on Feb. 14 and commit to celebrate it together. On your special day, remove interruptions such as cellphones

and computers.

Rather than going out for an expensive dinner, have dessert and coffee at a local café instead. Alternatively, make dinner at home. No, you don't need to be Jamie Oliver to cook a great meal. Download a recipe and follow the steps with fresh ingredients. Plus, if you plan your menu around what's on sale at your local grocer, you could save a bundle.

After your romantic home cooked meal (add candlelight for romantic ambience), download a movie from Netflix or rent a classic film for free from the library. Alternatively, read to each other by a fire or bundle up and go for a stroll outside.

Ditch traditional flowers and buy your love a plant that blooms with flowers year round. Skip the card exchange and write each other love notes instead.

Stumped for words? Simply

write what you love about your partner.

If you decide to purchase a gift, hunt around for coupons or buy an on-sale experience you can enjoy together at a less expensive time of year. Alternatively, make a homemade gift by baking, design a scavenger hunt with chocolates, or offer IOU gift certificates to share various household duties.

Remember that when times are lean, many couples choose to spend no money at all. Instead they give the gift of quality time.

If you think it's uncool to be frugal on Valentine's Day, think again. The fastest relationship killer is financial stress. So, why overspend when it could jeopardize the health of your relationship?

Follow Lesley on Twitter
@LesleyScorgie



Hold off on investing your RRSP contribution

Alison on Money.
Too many mutual funds have high sales commission — there is a better way



YOUR MONEY
Alison Griffiths
money@metronews.ca

Don't invest that RRSP contribution! At least, not yet. I've got a better idea than throwing money into the mishmash of mutual funds that are probably littering your portfolio.

These days, far too many mutual funds have high sales com-

missions and MERs (management expense ratios) that drag down return. And by the way, Canadians are afflicted with some of the highest mutual fund fees in the world.

Most mutual funds are sold by commissioned sales people. A recent and stunning study, co-authored by University of Toronto's Rotman School of Management economist Susan Christoffersen, demonstrates that up-front fees, paid when you purchase front end load mutual funds, and ongoing trailer fees, paid to advisors annually, result in biased advice.

"Both fees bring dollars in the door (for mutual fund companies) and both alter recommendations," she emphasizes.

The bias, not surprisingly, is



Canadians are afflicted with some of the highest mutual fund fees in the world. ISTOCK IMAGES

toward funds that offer higher compensation to the sales person. The study showed a direct link between higher fees and lower performance.

In my opinion, most investors are better off choosing low fee exchange traded funds (ETFs). These products trade like stocks and mirror the perform-

ance of an index such as the Dow Jones Industrial Average or the domestic S&P/TSX Composite Index.

There's a ton of ETFs now available. Here are some of my favourites that focus on dividend paying companies.

The ticker symbol, MER and yield are in brackets.

Canada

1. iShares Dow Jones Canada Selected Dividend (XDV, .30 per cent, 4.12 per cent)
2. BMO Canadian Dividend ETF (ZDV, .35 per cent, 5.67 per cent)
3. Vanguard Canadian High Dividend Yield (VDY, .30 per cent,*)

* THIS ETF IS TOO NEW TO LIST YIELD BUT THE UNDERLYING INDEX CURRENTLY YIELDS ABOUT 4.19 PER CENT

U.S.

1. iShares U.S. High Dividend Equity Index (XHD, .30 per cent,*)
- ** ALSO A NEW OFFERING, THE INDEX YIELDS 4.11 PER CENT
2. BMO S&P 500 Index (ZSP, .15 per cent, 2.20 per cent)

Though BMO's ZSP is a broad market ETF, I like it because it

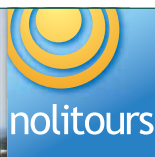
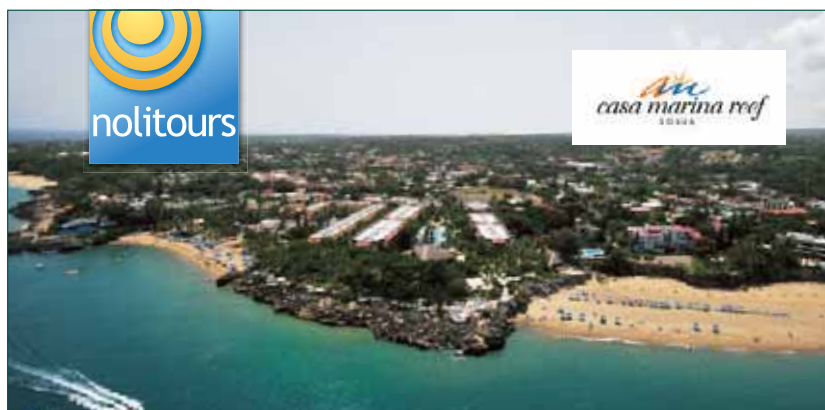
Average MER

The average MER for most Canadian ETFs is under .35 per cent while the average MER for equity mutual funds is 2.25 per cent.

isn't hedged to the Canadian dollar. If the dollar settles to more historic levels investors will gain, as the units will be worth more.

Of course if the dollar goes up the reverse will be true. Pick one ETF for Canada and one for the U.S. and you're set.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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Smart and sexy: Patti Stanger received a Bachelor of Fine Arts from the University of Miami in 1983. GETTY IMAGES

Millionaires not made overnight, says Patti

No stranger to hard work. TV's favourite matchmaker gives young entrepreneurs a piece of her mind

DAN SCHAWBEL
Metro World News in Hollywood

In light of Valentine's Day this week, I spoke to Patti Stanger, who is the star of Bravo TV's *The Millionaire Matchmaker*, now in its sixth season.

Her new website, *Pattiknows.com*, doles out advice on relationships, beauty and life. She also co-founded *TY KU Sake* with Cee Lo Green.

What do you recommend to people trying to set goals this year?

I believe that goals should be obtainable. You're not going to be a millionaire overnight and a lot of people want to start their own websites to get their brand out

Too cocky, too quick

"I think this generation is lazy. They think they can get famous overnight. Look at Jessica Chastain — she's been around for a very long time, working her ass off acting since her teens, and everyone thinks she's an overnight sensation."

Patti Stanger
Star of *Millionaire Matchmaker*

there — that's a great goal to achieve, but you have to take one step at a time.

For someone who's stopping smoking, try different methods.

Keep a journal to help find the thing that makes you feel good.

What common career mistakes do you see people making?

I think this generation is lazy. They think they can get famous overnight. Look at Jessica Chastain — she's been around for a very long time, working her ass off acting since her teens, and everyone thinks she's an overnight sensation.

You've got to go the extra mile to be noticed.

Work harder, work smarter and really fine-tune your skill set.

What are your top pieces of career advice?

I look back at my four years at the University of Miami and even though I love that college to death, and I had the best time, it didn't teach me to balance a chequebook.

Life experience is what you should be focusing on. Find a mentor who you worship and say: "Can I work with you for free? Can I intern?"

People come to me and they're like, "Well, you don't pay for interns?" and I'm like, "If I was paying for an intern, I'd get a real person who knew the job."

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Logging onto LinkedIn is one thing, presenting your persona is another

Success on the screen.

Get some networking know-how from a LinkedIn liaison

TINA CHADHA

Metro World News in New York

Finding a new job may be as easy as adding a photo to your LinkedIn profile. Nicole Williams, spokeswoman for the site and career coach extraordinaire, shows us how to make the world's largest professional networking site work for us.

Add more than one position

Your profile is 12 times more likely to be viewed if you have more than one position listed. It really is worth taking the time, even if you worked in a different industry. One great example is a friend who said, "I used to work in nursing years back and now I'm in marketing. There's no connection between it."

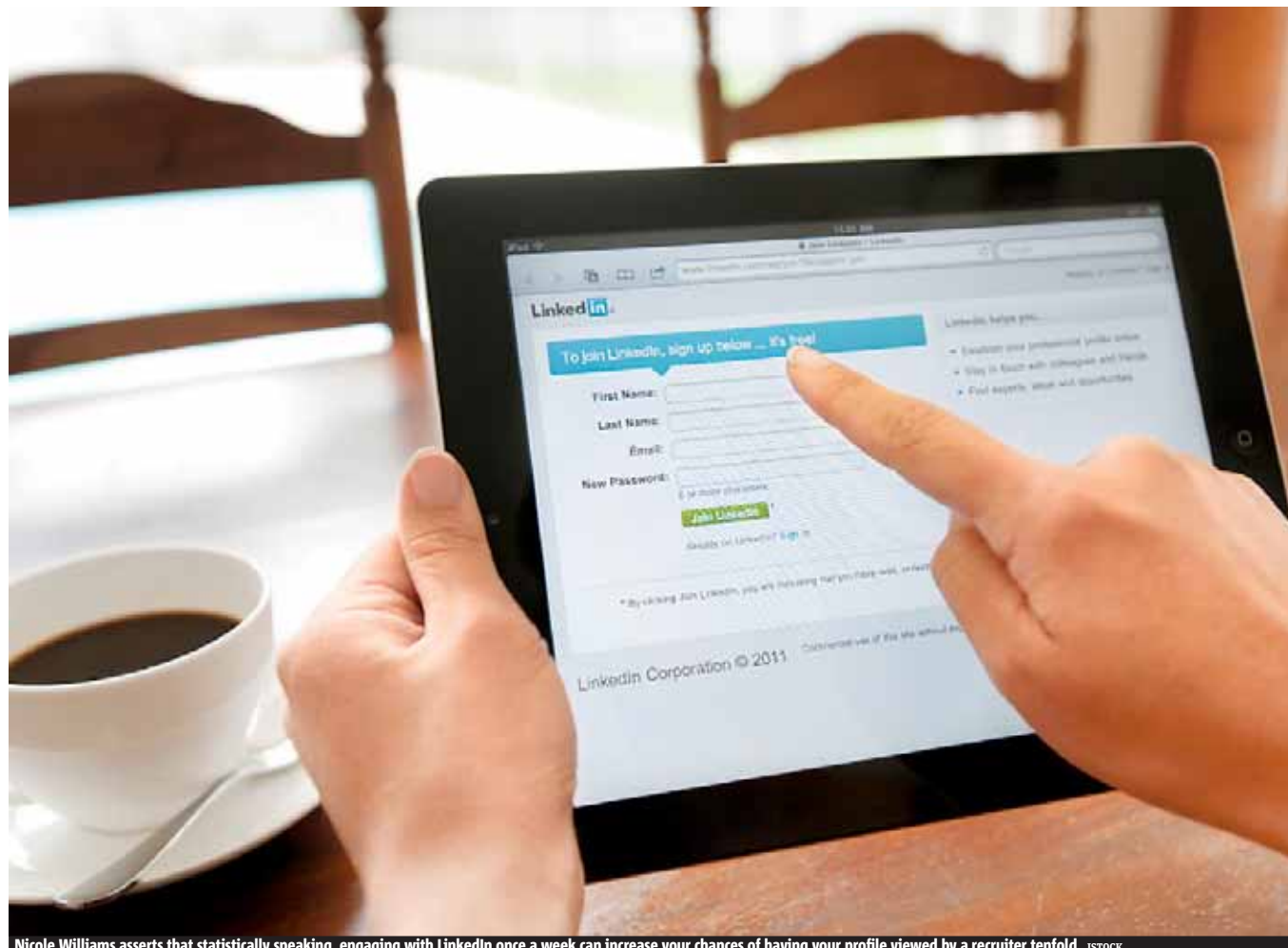
It turns out that Proctor and Gamble was looking for someone who had a background in medicine and that was what ended up putting her ahead. So list positions including internships and volunteer work.

Recruiters are on LinkedIn

Don't forget the past

"Your profile is 12 times more likely to be viewed if you have more than one position listed."

Nicole Williams
Spokeswoman for LinkedIn and career coach



Nicole Williams asserts that statistically speaking, engaging with LinkedIn once a week can increase your chances of having your profile viewed by a recruiter tenfold. ISTOCK

and by virtue of the way they're searching, using key words and the duration of your career, they'll be able to find you better.

Share something

On your profile page there

is a share component. Say you've read a great article — share it with your community. You should be sharing so that you're top-of-mind. You're illustrating the fact that you're learning things and you become known as an

influencer within your community.

Add a photograph already

Your profile is seven times more likely to be viewed if you add a photograph. We use the analogy of, you're looking for a house and (the listing) is fantastic and you're like, "This is perfect for me," and then there's no picture.

The question is, 'Is this legitimate?' That's what ends up happening on your profile. A photograph legitimizes who you are. And smile. Add some energy to it.

Aim for at least 50 connections

Fifty is the magic number in terms of making professional connections and taking

advantage of a second- and third-tier relationship. But the whole strategy is really about quality and not quantity. It's all about having relationships that matter, people who you can actually call on if you need them. It's not like Facebook or Twitter where numbers indicate influence. Really, this is about who you could actually pick up the phone and ask for a career-related favour.

Expert advice

Making connections

- "If there is someone in your industry who you'd like to get to know, don't use the standard connection request. Send a tailored note," says Williams.
- "Create some kind of reference that you have in common. Whether or not you went to the same school or perhaps you've read something about this person in an industry magazine. You can say, 'Hey, congratulations! That's great work. I'd really love to follow your career. You're doing something really interesting and I'd love to learn from you.'"
- "That kind of connection request is going to garner a response so much more so than the standard request."

Engage

People don't realize they can take advantage of groups on LinkedIn. If you're in an industry, look for the top-rated industry groups.

Because these people are attached to their professional affiliations, the kind of discussions they're having are very educated. The groups allow you to spread your working wings a little further without having to leave your home. These are, essentially, networking resource information groups that you can be a part of very easily.

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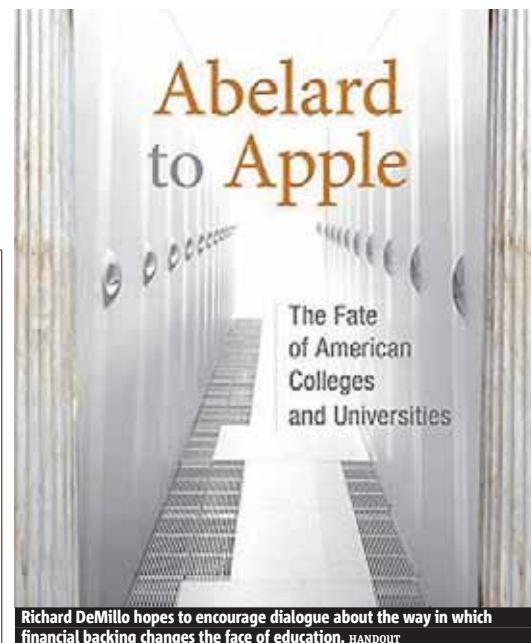
2013. Voting will be open to the public to determine the top three winners.

The Great Teacher Awards winners will be featured in Canadian Family's September issue, each winning \$2,500 for programming and supplies courtesy of sponsor Johnson Insurance.

For full nomination details and more information on Canadian Family's annual Great Teacher Awards, please visit canadianfamily.ca/teacherawards.

METRO

Economy of education. The swiftly changing landscape of learning



Richard DeMillo hopes to encourage dialogue about the way in which financial backing changes the face of education. HANDOUT

Richard DeMillo wants to lift the veil on the inner workings of public universities. The former Hewlett-Packard executive has split his career between university administration and corporate hierarchy. Over the years, he's noticed a few things about how these organizations tend to function.

His latest book, *Abelard to Apple: The Fate of American Colleges and Universities*, charts the legacy of modern higher education, from 12th century scholar Peter Abelard to the current proliferation of online courses. But this is no history lecture. DeMillo's book challenges public universities to either adjust their models or be left behind.

"Since medieval times, the

natural tendency of the university is to think more about their own value systems and professors' needs than the needs of society," says DeMillo, from his office at Georgia Tech. "I think it's time to start thinking about what a university offers to the public. There's a feeling among leaders that they have to compete with schools above them in rankings. That means they have to become research institutions and spend lots of money on buildings. But is that serving the student?"

DeMillo senses that the changing economic landscape is forcing universities to do some soul-searching.

"There is an elite band of universities that can afford to set their own agendas. And there's some startup higher education organizations that are experimenters," he says. "But in the middle you have some 3,000 institutions that don't have international brands or big endowments, and many are clinging to an outdated model where they hold all the cards. But now you can get the equivalent course material for free online, so it's time to rethink why they can ask a family to pony up so much money."

BRUCE WALSH, METRO WORLD NEWS

Problematic priorities?

Since medieval times, the natural tendency of the university is to think more about their own value systems and professors' needs than the needs of society.

Richard DeMillo
Author of *Abelard to Apple*



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Olympics

1 sport on block for 2020 Games

IOC leaders are meeting this week to decide which sport to drop from the Olympic program and how to deal with the fallout from the Lance Armstrong doping scandal.

At a two-day IOC executive board meeting opening Tuesday, the IOC will also review preparations for the Winter Olympics in Sochi — less than a year away — and the 2016 Summer Games in Rio de Janeiro, and select a short list for the 2018 Youth Olympics.

Modern pentathlon, a contest invented by the founder of the modern Olympics, is expected to face close scrutiny when the board considers which of the current 26 summer Olympic sports to remove from the 2020 Games to make way for a new one to be added later this year.

THE ASSOCIATED PRESS

Skiing

Vonn's doctor says November return possible

The swelling around Lindsey Vonn's repaired right knee has gone way down a day after surgery and her spirits way up.

Back in time for the 2014 Sochi Games? Try possibly back in time for the beginning of the World Cup season in late November.

The doctor who operated on Vonn's knee thinks the four-time overall World Cup champion just might return that soon. That's the goal, anyway.

It's looking more promising following the procedure by Dr. Bill Sterett on Sunday to fix Vonn's knee after she shredded two ligaments during a crash last week at the world championships in Austria.

THE ASSOCIATED PRESS



Toronto Maple Leafs goaltender James Reimer, left, is helped off the ice by John-Michael Liles during the second period Monday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Leafs home win comes with a cost

NHL. Toronto goalie James Reimer has to be helped from the ice during second period

Colton Orr and Matt Frattin scored goals 28 seconds apart Monday as the Toronto Maple Leafs finally transferred their success on the road to home ice with a 5-2 triumph over the Philadelphia Flyers.

Dion Phaneuf, Clarke MacArthur and James van Riemsdyk, against his former team, had the other goals for Toronto (8-5-0), which picked up just its second victory in six

outings at Air Canada Centre this season.

But the win did come at a cost. James Reimer stopped 12 shots before being replaced by Ben Scrivens early in the second period with what appeared to be a left leg injury. Reimer stayed down before being helped to the locker-room without putting any weight on his left leg. The Leafs described the injury as a "lower-body injury."

Scrivens finished with 32 saves.

Wayne Simmonds and Tye McGinn scored for Philadelphia (5-7-1). Ilya Bryzgalov made 10 saves on 14 shots before being replaced by Brian Boucher after

Grabovski sparks offence

Philadelphia carried the play against the Leafs for much of the first period until Mikhail Grabovski, who was cleared earlier in the day of wrongdoing in an alleged biting incident against Montreal on Saturday, hit both posts only to see the puck stay out.

- That chance seemed to spark the Leafs.

MacArthur's goal at 6:15 of the second. Boucher finished with nine stops the rest of the way.

Tied 1-1 after the first, the

Leafs took control early in the second. The bruising Orr, who has been rejuvenated this season under coach Randy Carlyle, shovelled home his first of the campaign at 2:05. Frattin then added his seventh of the season in just 10 games since being called up from the AHL, deflecting a Cody Franson shot home just 28 seconds later. Franson picked up assists on both goals.

The Leafs didn't miss a beat after Scrivens replaced Reimer a short time later as Nazem Kadri, who also finished with two assists, found MacArthur in front on a slick feed to end Bryzgalov's night.

THE CANADIAN PRESS

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NBA rookie Valanciunas playing like a wily vet

Jonas Valanciunas is basically a kid, a 20-year-old trying to figure out a new game, a new country, a new team, a new style of basketball far different from anything he has ever experienced.

But when it comes to the physical nature of NBA basketball, knowing what to do and how to do it, the young Raptors centre is starting to show wisdom far beyond his years.

He gives as good as he gets and never backs down, and is developing the sneaky habits of seasoned veterans both in what he can get away with and how to stay out of trouble when the older, wiser players try to trick him.

Not surprisingly, that willingness to mix it up, coupled with the talent everyone has seen since he landed here in October, continues to please his coaches and teammates.

"It's contagious," Raptors coach Dwane Casey said of Valanciunas's infectious enthusi-



Jonas Valanciunas
TORSTAR NEWS SERVICE

asm and physical play.

"Just his activity, his toughness, him rebounding, running the floor, setting screens — within that there are a lot of mistakes, but he makes up for it with his hustle and hard play. I don't mind mistakes as long as they're hard."

Valanciunas is far from a finished product, and there are more than a few "oh no" moments when he has those inevitable rookie lapses. But while trying to learn one of the more intricate positions in the game as he comes back from a month on the sidelines with a broken finger, he is further along than even his coach could have expected.

Especially in the physical aspect of the game and the wrestling matches that take place in the paint.

"It's unusual for a rookie because most rookies don't understand how to do it, when to do it and like to do it, and he does all three," Casey said of the bump-and-grind life of an NBA big man, something no college or European program can prepare someone for.

"He's done a heckuva job initiating contact, setting screens and doing the little things physically that it takes."

TORSTAR NEWS SERVICE

NFL. Bills release two veterans from defence

Bills new coach Doug Marrone began retooling his underperforming defence on Monday by releasing two veterans: line-backer Nick Barnett and strong safety George Wilson.

The two players were among the Bills' most experienced defenders, and finished first and second on the team in tackles last season. And yet, they were also part of a high-priced defence that finished among the NFL's worst in yards and points allowed.

The Bills are in transition

once again after Marrone was hired last month to replace Chan Gailey, who was fired after three consecutive losing seasons. Marrone, the former Syracuse coach, has brought in an entirely new staff, including luring New York Jets defensive co-ordinator Mike Pettine, to Buffalo.

Meanwhile, veteran defensive end Chris Kelsay is ready to return after a partially torn ligament in his neck forced him to finish last season on injured reserve. **THE ASSOCIATED PRESS**

NFL

Vick agrees to adjust contract

Michael Vick agreed Monday to a restructured three-year contract with the Eagles, just two seasons after signing a \$100-million US extension that included \$35.5 million in guaranteed money. The new deal is essentially for one year.

A source familiar with the contract said Vick could earn up to \$10 million in 2013 and the team will void the remaining two years on March 15.

THE ASSOCIATED PRESS

Sun rising on the Jays' season after major facelift

MLB. Handful of players report to spring training ahead of schedule

The Smashing Pumpkins' Tonight, Tonight blared from the press box Monday as Jose Bautista cracked balls from the batting cage at the Florida Auto Exchange Stadium.

The morning sun beat down on this sleepy slice of Florida while Bautista swung to Billy Corgan singing "Believe, believe in me, believe. That life can change, that you're not stuck in vain. We're not the same, we're different tonight. Tonight, so bright."

Pitchers and catchers don't report until Tuesday, but hopes are already sky high around the big-spending Blue Jays (73-89 last season, fourth in the AL East) in the wake of acquiring R.A. Dickey, Mark Buehrle, Josh Johnson, Jose Reyes, Melky Cabrera, Maicer Izturis and Emilio Bonifacio.

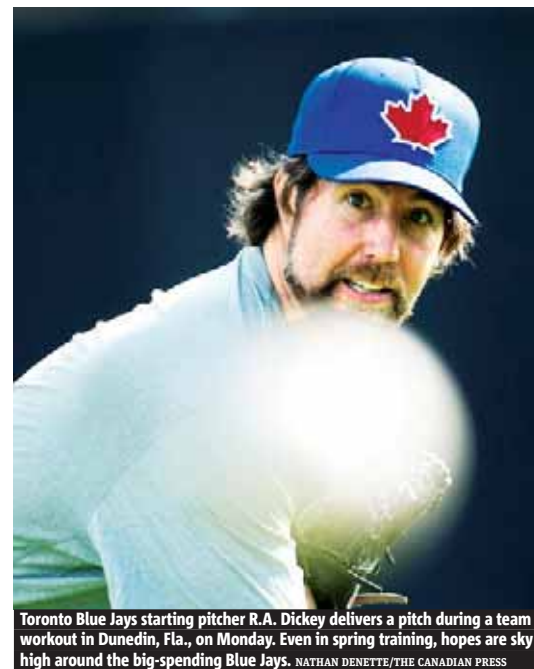
"We were, I think, hopefully optimistic last year. But I think this year we expect to win, that's the difference," said pitcher Brandon Morrow.

"This team is built to win and that's all I've ever wanted. Just to get a chance to win," added fellow pitcher Ricky Romero.

But then he sounded what could be a familiar note of caution this spring training.

"On paper, we're a great team ... (but) it doesn't matter what kind of team you have on paper, you've still got to go out there and play. If anything, the target's grown a little bit on us."

Bautista was all business,



Toronto Blue Jays starting pitcher R.A. Dickey delivers a pitch during a team workout in Dunedin, Fla., on Monday. Even in spring training, hopes are sky high around the big-spending Blue Jays. NATHAN DENETTE/THE CANADIAN PRESS

yelling, "Hey, we haven't even officially started yet. Jeez. Tomorrow," as he passed a media scrum around pitcher Drew Hutchison on his way to the field.

The Jays slugger bypassed the media on his way back to the clubhouse, saying he had to complete his workout. Later, he sent a message via a club official that he was running late and wouldn't be speaking to the media.

"We need him," manager John Gibbons said of Bautista, whose 2012 season was cut short by wrist surgery. "If we're going to do anything, he's got

to be a big part of that."

Prize pitching acquisition R.A. Dickey took to the field early, throwing the ball to Jays minor league pitching co-ordinator Dane Johnson in the outfield. No stranger to handling pitchers, Johnson gave it his best shot but was confounded by the knuckleball, even when Dickey announced it was coming.

"Sorry," Dickey said after yet another ball handcuffed Johnson.

"Don't apologize," said Jays bench coach DeMarlo Hale, clearly liking what he was seeing. **THE CANADIAN PRESS**

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Behind the plate

Arencibia ready for knuckleball

J.P. Arencibia says he's looking forward to catching knuckleballer R.A. Dickey.

"Our manager and Alex (GM Alex Anthopoulos) have talked to me and told me from the beginning that they want me to catch him," he said Monday.

The Blue Jays also acquired catchers Henry Blanco, Josh Thole and Mike Nickeas, who have all handled Dickey in the past. **THE CANADIAN PRESS**

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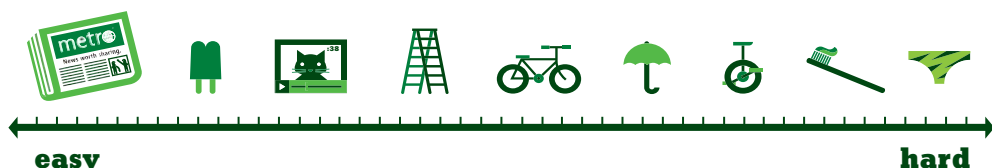
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March 21 - April 20

Give yourself permission to dream. You may be a realist by nature but a little bit of fantasy is not a bad thing and could do wonders for your confidence. You may think of something you can use to your advantage.

Taurus

April 21 - May 21

Everything seems to be moving in the right direction for you now but the downside is that certain people are resentful of your success and may try to blow you off course. Don't let it happen. Be ruthless if you must.

Gemini

May 22 - June 21

Mercury, your ruler is on good terms with both Pluto and Saturn, so you will be thinking some pretty deep thoughts. Don't get too serious though. Yours is a sign that does best when things are kept as light-hearted as possible.

Cancer

June 22 - July 23

You are appreciated by a great many people, probably more than you realize, and some of those people will go out of their way to show their gratitude towards you today. Enjoy your good fortune. You thoroughly deserve it.

Leo

July 24 - Aug. 23

Changes on the work front will create new opportunities and if you are quick to react to them it won't be long before you are moving up in the world. Don't ever doubt that you are equal to the job — you're the best!

Virgo

Aug. 24 - Sept. 23

Do you wish you were some place else than where you actually are? According to the planets, you are thinking about making some kind of move and it could be a big one. Don't just change the scenery, change your lifestyle too.

Libra

Sept. 24 - Oct. 23

It's highly unlikely that you will get through the day without clashing with someone you believe is a threat to your security. You may in fact be entirely wrong, but it's better to be safe than sorry. Protect yourself.

Scorpio

Oct. 24 - Nov. 22

Anyone who thinks they can get the better of you intellectually is living in cloud cuckoo land. Your sharp Scorpio mind will run circles around them today and they'll think twice before they take you on again.

Sagittarius

Nov. 23 - Dec. 21

Stick to your timetable today — don't let anything distract you or let anyone lead you astray. You are on a very tight schedule at the moment and the slightest deviation could be disastrous. Make sure you're well organized.

Capricorn

Dec. 22 - Jan. 20

There is a great deal of tension both at home and at work at the moment and the best way to get through it is to stay calm. Above all, watch what you say. You can be rather harsh in your comments sometimes.

Aquarius

Jan. 21 - Feb. 19

You have a whole load of plans but not everyone in your social circle or at work seems to share your enthusiasm. But what of it? If you have to do it all yourself then you won't have to share the spoils!

Pisces

Feb. 20 - March 20

Mercury in your sign links with both Pluto and Saturn today, adding a sharp edge to your mind and an equally sharp edge to your tongue. Whatever it is you have to say, no one will fail to get the message.

SALLY BROMPTON

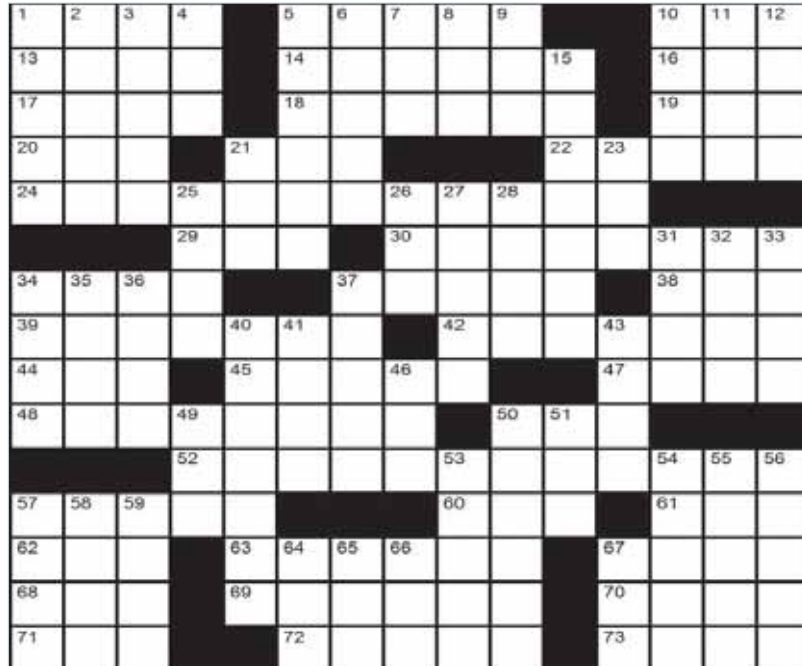
Crossword: Canada Across and Down

Across

1. Model search series, "The ___"
5. Canadian supermodel coach on #1-Across, Coco ___
10. Motorists org.
13. DC Comics supervillain, ___ Kadabra
14. Sir ___ Hillary (Everest mountaineer)
16. Median, mini-ly
17. 'Super', in slang
18. Go-___
19. ___ Lanka
20. 'John Hancock', e.g.
21. Actor Mr. Tognazzi
22. Search engine
24. Canadian singer/songwriter sisters: 3 wds.
29. Untruth
30. Justin Bieber's 'Believe ___'
34. ___/___ radio
37. Canadian pianist Mr. Gould
38. Grey Cup org.
39. Chocolate/caramel/nougat treat: 2 wds.
42. Instant coffee brand
44. "...man ___ mouse?"
45. "The Simpsons" convenience store, Kwik-___
47. 'Pseud' suffix
48. Fruit sugar
50. Singer Janis
52. 2001 Kevin Spacey movie set in Newfoundland, "The ___"
57. Guitarist, Lenny ___
60. Pre-A.D. time alternative
61. Rap star, Tone-___
62. Purpose
63. Yellow-bordered mag since 1888: 2 wds.
67. Morning talk's Kelly
68. Philosophy
69. Queen Elizabeth's youngest son
70. Russian ruler, variantly
71. PBS funding org.
72. ___-face (Reversal)
73. Actor Mr. Donovan

Down

1. 1859 Charles Gounod opera



2. Aussie actress Ms. Cornish
3. Allison Janney's "The West Wing" role, C.J. ___
4. Head hearer
5. Music style
6. Ancient theatre
7. "Pick a Puppy" channel
8. Gilligan's dwelling
9. 'Prop' suffix (Fuel)
10. Money
11. Supersonic interceptor aircraft developed-then-halted in Canada in the 1950s, ___ Arrow
12. Currency exchange fee
15. Rehearsals: 2 wds.
21. Prefix with 'cycle'

23. Writer Mr. Milne's
25. Donations
26. Music direction, ___ segno
27. Fragrance
28. First-rate
31. ___ highway
32. Questionable
33. Li'l mandarin-like fruit
34. "I ___ the opinion that..."
35. Dave ___ (1965 PGA Championship winner)
36. Herr's wife
37. Fathom
40. Dr. Norman ___
41. Quant ___ (For my part, in French)

43. Hartford, ___
46. Gym workout unit, commonly
49. Our version of NASA
50. Encrypted: 2 wds.
51. Birthday changer
53. French composer Jacques
54. Miss Doolittle of theatre
55. Tom of "The Dukes of Hazzard"
56. Frighten
57. Bathroom = Salle de ___
58. Stand up
59. Ms. Stone of flicks
64. Dictionary abbr.
65. Couple
66. Guy opposite
67. Sales slip, shortly

Yesterday's Crossword

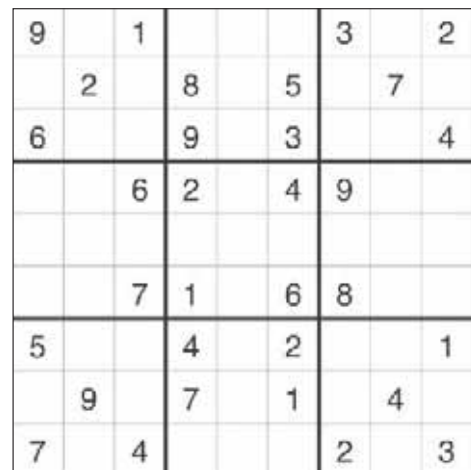


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-1°/-6°
Partly sunny

Wednesday

0°/-4°
Partly cloudy

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